



## **The Good Girl's Guide to Great Sex: And You Thought Bad Girls Have All the Fun**

*Sheila Wray Gregoire*

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## **The Good Girl's Guide to Great Sex: And You Thought Bad Girls Have All the Fun Sheila Wray Gregoire**

Do bad girls really have more fun? Surveys say no. The women who are most likely to enjoy sex are married and religious. In other words, they're Good Girls! But good girls know that making sex great isn't about acting trashy. It's about recognizing what God really designed sex for, and then learning how to reap all these benefits and joyfully enjoy your husband. Frank and contemporary, The Good Girls' Guide to Great Sex will give the newly engaged and new brides—and some veteran wives—a Christian resource to answer their most intimate, and embarrassing, questions. In a conversational style, with lots of humorous anecdotes, the book will show that sex isn't just physical: it's also an emotional and spiritual experience. And we'll learn why commitment in a Christian marriage is the perfect recipe for a sex life which is out of this world!

## **The Good Girl's Guide to Great Sex: And You Thought Bad Girls Have All the Fun Details**

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## From Reader Review The Good Girl's Guide to Great Sex: And You Thought Bad Girls Have All the Fun for online ebook

### Alicia Willis says

5 Stars

Recommended to engaged couples, engaged women, and married women.

I had been following Sheila's FB page, To Love, Honor, and Vacuum, for a while before I read her book. I really enjoyed it. She covers the lies that good Christian girls believe and shows you the right thinking that we as godly women ought to have. Society teaches us that it is the bad girls that have all the fun when, really, statistics show clearly that it is the good girls who do things God's way that have the best marriages and the most fun!

From covering the wedding night to answering hard questions about the dangers of porn, Sheila did an excellent job of covering difficult topics in an easy to read and wholesome manner. I really enjoyed her insight on having a good relationship with one's husband spiritually, physically, and emotionally. I also was grateful that she showed how marital intimacy is to be mutual (women are not merely here to meet men's needs - they need sex too!) and that good girls know how to have fun in the way God created them to! I loved the good girl dares, the input from the good guys, and the statistics. We should do the right thing because God commands it, but I loved seeing how doing things His way is statistically proven to be the most fun and have the most benefits!

Highly recommended. Please do not read before engagement. Recommended for guys too.

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### Iola says

In 1993, when I got engaged, a friend gave me a copy of the 1973 edition of The Act of Marriage, a Christian classic of its kind. It was hopelessly outdated even then, so I was intrigued when I came across this title, A Good Girl's Guide to Great Sex, to see if it was any more relevant.

It is.

The author is very open about the ups and downs of her own relationship, and these stories are enhanced by quotes from some of the hundreds of women (and men) she surveyed as part of her research. Her studies refute the common secular wisdom that practice with as many people as possible makes perfect. Her research showed that those who were least sexually active before marriage had the greatest satisfaction with their love lives.

Despite the title, A Good Girl's Guide to Great Sex is not all about positions and moves (after all, the biology hasn't changed). It is more about sex as a vital component of the marriage relationship. She emphasises the importance of our relationship with our spouse, spending time together and sharing hobbies. She also says "The key to a passionate marriage is not to be as sexually adventurous as possible, but to be as passionate about God as possible".

What makes this book different, at least for me, is that it is real. The area where this struck me most forcibly

was in the discussion around pornography. This wasn't even mentioned in *The Act of Marriage* (which seemed to assume that the wedding night was the first time a good Christian boy would ever see a naked woman). But a changing world and the omnipresence of the internet means that this is now a real issue in many marriages.

If *A Good Girl's Guide to Great Sex* was lacking in any area, it was in the struggle to maintain a healthy marriage when the children are young (although she has addressed this in her earlier books). I was also a little confused by how she could recommend sexual role-play games when she had spoken so strongly against the fantasy element of pornography (the difference between a fantasy and a role-play is too subtle for me). Otherwise, I think this is an excellent resource for engaged or newly-married couples, and for those who have (ahem) been married for a little longer.

Thanks to Zondervan and NetGalley for providing a free ebook for review.

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### **Ricki says**

Hilarious, right? Not only did I read this book, but I'm admitting it on Goodreads. But don't be fooled by the racy title: this isn't a manual of sex tips, but a treatise on intimacy in a Christian marriage, and possibly the best marriage book I've ever read. I would definitely recommend this book to newlyweds or anyone who feels that they have struggles connecting with their partner. This book explains a healthy Christian view of marriage--and sadly, there are a lot of Christian marriage books out there that AREN'T healthy. Such books are usually written by men and put undue responsibility on the wife while making excuses for the husband. This book is well-balanced and doesn't let either partner off the hook--both need to work together and take each other's needs and desires into account seriously.

I found this book so uplifting. I loved the author's take on the differences between men and women. The differences in the personalities and needs of men and women can easily become a source of resentment in a marriage, but actually these differences need to be respected and even celebrated, because they are part of God's perfect design and have a purpose. It was also nice to read about other people's experiences and how they overcame struggles in their marriages. This book gave me lots of warm fuzzies.

Both hubby and I picked it up and found it a fun read, and a lot of it resonated with us. I can't say we actually learned anything new, since we've been married for six years and are fantastic at communicating, but this book would have been really useful to us if we'd found it earlier in our marriage. We wouldn't have had to talk and talk and work things out and struggle with negative emotions--this book spells it all out, with anecdotes from many couples. I can see how we would have had a couple of eureka moments if we'd read it a few years ago.

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### **Cheri says**

Great from a Christian perspective. I liked how she addressed all women... married and engaged, those who had sex with others prior to marriage or were virgins on their wedding night. There wasn't any dissenting those who previously had relations with others. Practical but enjoyed how she worded things in ways that I try to convey to my husband but struggle with at times. I did at some points feel like the focus was simply on

keeping your husband happy with sex. She did mention how sex can also be fun for women. Definitely about sex, but more about relationship and how to improve the relationship by having more sex - not just based on the physical aspect, but more the emotional and spiritual relationship- and also improving sex by improving your relationship through silliness, laughter and learning to truly trust and love your spouse as God wants you to. I thoroughly enjoyed it and will share excerpts with my husband. I did also like how she addressed sexual issues (not feeling sexy, abuse, lack of self esteem, physical issues, etc). Tasteful, fun, and well done.

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### **Lisa Marie says**

"Getting the physical side of marriage right may take some work, but it's a fun kind of work. And with the right attitude, we women can become the happiest wives who are married to the most satisfied husbands. That's what God wants for us, and that's what He'll help you do once you start getting excited about it. So jump in!"

Although the title might make you think this book is about ways to have great sex, in reality, this book is a no-holds-barred, frank, open, and honest look at the Christian marriage bed - from the basics that should be known on your marriage night, to developing a friendship and spiritual relationship with your spouse, to troubleshooting problems that are surprisingly common in sex.

Sheila approaches the whole book with a sense of humour and relating her personal experiences through challenges and learning. Although she is tactful, she's very clear at each step of the way.

Having surveyed over 1000 Christian married women while researching for this book, she learned a lot about the struggles that couples face in the bedroom and let's us hear their voices throughout the book as examples. For me, this was refreshing, because it often feels like any problems I have are my own and that there's no hope for me. But, it turns out I'm not alone - that my issues are actually quite common but rarely talked about.

I appreciated the fact that Sheila shared both a look at women's challenges AND men's challenges (from a wife point of view and how to help). I also like that she handles bigger issues like pornography addiction, and answers the top questions that readers ask about what is appropriate and what's not in a Christian marriage sex life.

Admittedly, this book made me a tad uncomfortable - probably because it deals with such personal issues. However, it did allow me to question my own issues and think about why they are even issues at all. It gave me ideas on how to make my marriage a priority and the benefits of having an active sex life with my spouse.

All in all, this book is a great help for married couples - even those with a great sex life. I think it would be a terrific wedding present for a newlywed friend as well as a fantastic resource for any married woman.

Thank you, Sheila, for being so willing to be blunt, open, and tackle a subject that far too often is considered taboo in Christian circles.

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## **Jennie says**

I enjoyed 90% of this book. It's a Christian view of sex in marriage complete with scripture passages. I felt she made some generalizations, but she did a good job of encouraging women to enjoy sex with their husbands and giving some ideas on how to do so.

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## **Maxie says**

The Good Girl's Guide to Great Sex by Sheila Wray Gregoire

What an informative and spiritually grounded book. The Good Girl's Guide to Great Sex written by Ms. Gregoire puts to rest many misconceptions many "Good Girls" have about having great sex and that only Bad Girls have wonderful mind-blowing sex lives. Ms. Gregoire information is researched based and backed up with Scripture. I found many of Ms. Gregoire statements to be true as I sat back and analyzed all of the information I heard and discussed with my friends and family members.

Ms. Gregoire cites and confirms facts about what great sex really is and it truly is meant to be God's precious gift to be enjoyed between married couples. God wants us to have awesome sex and experience the pleasures, sensuous fun and thrills of being completely fulfilled. However, this fulfillment, joy and passion is designed and available for the Good Girls who are having intimate relations with their husbands. Being completely submissive to one another as husband and wife comes from trusting and understanding each other is a vital key some of us are missing. Our bodies are temples and when treated as such Good Girls will experience the ultimate satisfaction and passion often fantasized about having. Ms Gregoire shares that there really is not a missing link between fantasy and realism. The quote if you can conceive it you can achieve it applies to the intimate acts of oneness designed for intimate relations.

If mothers, aunts, grandmothers, older sisters clearly understood the real message about the sharing of our body with another person most of the misconceptions about sexuality would be demystified and girls will grow to be whole women and not deceived by the media hype and the Bad Girls stories. Perhaps if the sexual act was not portrayed as something sinful and dirty but a magnificent gift women would not have an abundance of baggage in their beds. Educating our young ladies about their bodies as (temples) to be loved and respected they would not be ashamed of their body and its functionality. The hyped Bad Girl images would slowly diminish making room for Good Girls to become comfortable with their bodies and the blessed, sweet, compassionate intimacies would flourish.

I recall being told as a teenager that Good Girls don't have sex until they are married and adhering to that belief was very important to me, and my perceptions of myself then as well as who I am today. Through reading The Good Girl's Guide to Great Sex many misconceptions about sexual activities a were Bible dispelled by Ms Gregoire clarifications from a Christian point of view. She describes in detail how to have GREAT SEX.

Unfortunately, the churches of the past and present have misguided both men and women about getting knowing their bodies and the functions resulted misinformation. And boring sex lives.

Ms. Gregoire does an extraordinary job of sharing the wonders and joy of sexual pleasure between two people totally committed within the bond of marriage. She explains how to give pleasure and how to receive it. Making love and totally letting with each other is a holy, glorious act to be celebrated. In my opinion as a church-going woman I believe The Good Girls Guide to Great Sex should be a part of every mother's/ female

guardian's library and discussed in it entirety periodically before girls enter into the dating realm.

Before finishing The Good Girls Guide to Great Sex, I discussed my discoveries and the clarifications provided by Ms. Gregoire's research with family and friends. Ms. Gregoire explains how the false information I and other younger women received caused many inhibitions. Ms. Gregoire really opens up the minds of women and their roles in the bedroom with their husbands. Her writing style is crystal clear, easy to read and comprehend. It reads as if you and Ms. Gregoire are sitting in your kitchen talking over coffee and a slice of apple pie.

I will purchase copies as Mother's Day and graduation gifts. The Good Girls Guide to Great Sex is well written with awesome information that is researched and Bible based making it a terrific read.

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### **Laura says**

You would think that after 30 years of marriage I would not be shocked about sex. You would think I would "know enough" or "know it all". I mean, how many ways can you do it anyway? Forget I said that, because Sheila Wray Gregoire the author of The Good Girl's Guide to Great Sex will not only tell you the many ways, she will tell them in very descriptive detail. I am over 50 years old and I was blushing as I read this book! However, at the same time I was laughing my head off at her humorous way of getting to the subject at hand.

This book is perfect to give to someone who is about to get married and has never had sex before. It's even perfect for someone who has been married a long time like me. I learned things about men that I hadn't realized before - they ARE ALL THE SAME! LOL! They do desire sex - frequently - BUT they don't desire it for the reasons you think. That was the best lesson I learned in this book - the differences between a man's love language and a woman's and what happens when those different needs aren't met. Women will learn a lot, but I think men will benefit too, as it will help them understand the female mind a little better.

Sheila has done an awesome job of bringing all the elements of a relationship together - emotional, physical and spiritual. Showing us how important each of these facets of a relationship make our sex life stronger and sweeter. You will enjoy this book and all the "sexy" tips that run throughout and in the process you will strengthen your marriage.

I am going to be interviewing Sheila and sharing that interview here in the future. So, if you have any questions pop them off to me and I'll see if I can get them answered.

The Good Girl's Guide to Great Sex comes out tomorrow, March 6 and will be available everywhere. I give this book 5 out of 5 stars.

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### **Siobhan says**

I liked the way she writes and the way she approaches sex as being more than a sum of physical parts. I also enjoyed her humor such as when she mentions how she drowned a particularly unworthy sex manual in her bathtub because it was all about choreographed physical sex! lol Love it! And I had to laugh when she actually took note on her calendar how many times her and her husband had sex so that when he'd complain

about how they weren't she could whip it out! She has simple tips that I like because they work in more subtle ways rather than in your face sex.

However the book loses a star with me because I'm not christian and I believe in using masturbation for the practice of circulating energy as in taoist sex or sexual kung fu. It doesn't take away from the marriage. In my experience it gives a person more energy and the person has more ability to be compassionate, and patient and present with their partner. The book also speaks about how men are or how women are and while that is an assumption that has been touted as fact by others for years it is entirely possible and factual that there are different kinds of men and women out there and they relate to sex in a different way than the book says. Like the fact that we know that there are plenty of women who have more of a sex drive than their husbands and who will be frustrated if the husband does not follow through.

However I do agree about the part that masturbation treats the orgasm as something to get done quick and so this conditions a woman to not be able to be in it for the long haul with a man. But again there are practices that change this way of masturbating which has it's better effects on the quality of the sex life with a husband or wife. It is a fact that men tend to get off quickly and can learn to extend their time just as a woman can.

I disagree with the idea of touching yourself to teach a man how you like to be touched. In my experience it doesn't teach them anything especially when how you want to be touched may change from day to day. And I'm actually surprised that she would tout this act as being a loving act between a husband and wife when to a lot of women who don't agree with porn they may feel like they are playing the porn star.

However I do like her other balanced approach of talking about the importance of humor.

But I strongly disagree with her saying "It can't work between two of the same sex, because the very illustration is meant to be between two very different beings. God and the church. There is no equality in sex." This phrase sends a couple of red flags up for me. That it's impossible and not part of Gods design that some of us are made to be with the same sex. "There is no equality in sex" , this sentence disturbs me. I was hoping she didn't mean what I think she meant by that. But I have no choice to believe that this sentence is not good. I'm not a fan of prejudice so that is why I took another star off.

So take this book with a grain of salt like any book and do what works for you and what gives you the most amount of self respect and respect for your husband or wife no matter your gender or spirituality.

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### **Caitlin says**

An okay book from a conservative Christian perspective...however, it comes from a mindset that women naturally hate sex, which really was a turn-off for me as a reader. Would recommend to women struggling with sex within a marriage, but not for newly or nearly-weds, as it puts forth an attitude that it's normal and expected to dislike sex and be uncomfortable with it.

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### **Mickalene says**

I picked up this book on a recommendation, but wasn't too sure about it until I realized it was written from a Christian perspective. She states very clearly that the sexual relationship is one that should be kept within

marriage, but was also kind to those that may have had some sexual history before marriage, even if it was with their now-husband. This is not a "clinical" book about sex (for that see *Act of Marriage* by LaHaye), but rather an attempt to help women (and probably men) understand the attitudes and advantages of sex for both husbands and wives. She did some research as well to support her insights... like the idea that the women having the most fulfilling sex lives are married and not in perfect shape or drop-dead gorgeous. Her point is that sex between husbands and wives should be fun and is part of what makes a marriage great, helps it last and improves the friendship and companionship within marriage. This is an adjust-your-attitude and have some fun book. I loved her comment at the end that a healthy sex life is like marriage insurance. I would definitely recommend this book to someone approaching marriage, or even those who have been married a while but have drifted into a rut or ho-hum. She is spot-on that if we aren't happy in our marriages, we need to start with ourselves and our own attitudes first. She also talked a bit about the problems of pornography use -- either by men or women -- and the effects this can have on the marriage and sexual relationship. Worth reading.

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## Sam says

Fascinating! As a male atheist, I may not be this book's target demographic. That said, I credit Gregoire for writing a Christian, sex-positive work that makes an earnest effort to be frank and accurate. I appreciated the thorough examination of birth control that I think would get a thumbs-up for honesty from the Guttmacher Institute. The claim that the walls of the rectum are one cell thick and therefore unfit for sexual contact, on the other hand, is more easily found in homophobic propaganda than in reputable medical sources—in fact, I couldn't find it there at all...

It was interesting and somewhat off-putting to see God inserted so thoroughly into aspects of sex and relationships. As someone who values a committed relationship more than a romp between the sheets, I can relate to Gregoire's emphasis on sex in the context of long-term partnerships. It's just bizarre, from a secular point of view, to read that marriage is the only proper context for the kind of intimacy that could lead to a man's erection and that a woman who gets her lover hot and bothered outside of holy matrimony is doing him and them a disservice. It must be something to believe that two married people become one flesh, but it remains to be established what happens in the divorce.

Gregoire cites original statistics from her surveys throughout the book, and this was one of the most frustrating aspects of her case for "good girls". Judging by her in-book description of the survey methods she used, I can't see how she obtained a representative sample, accounted for self-selecting response biases, or avoided inconsistent standards/understandings in her subjects' self-reported answers. It's hard to build a book solely on when "a good girl speaks", but the science of Gregoire's statistics definitely came off as pseudo rather than sound.

Lastly, it was interesting and unsettling to read such a thorough case for why a wife should sexually satisfy her husband. Gregoire was writing for good girls, but it's uncomfortable to read that women who ensure they're engaging sexually with their husbands will ensure they're also happier with their husbands. I can understand that giving is important, but a lot of this book came off as coddling husbands as what they, men who will always be men. Realistic? Maybe, but it certainly leaves wives with a lot of heavy lifting and putting themselves after their spouses. Let's see if good guys can return the favor.

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### **Bill Tillman says**

Over the years I have seen many marriage books, yet Good Girls Guide to Great Sex stands alone. The insights from Gregoire are life altering, carefully researched and verified. From those who are about to be engaged to married life in your 70's this book has some precious to impart. I especially like the division of body, mind and spirit through the lens of a believer. It starts out slow laying fundamental groundwork by exploring the Christian mindset toward sex and builds from there.

Nothing is left out, from either a man's or woman's perspective on the marriage bed, and beyond. This is a hot and steamy book at times and would be best kept away from younger eyes. The author even shares how she answered some of those tough questions eight year olds come up with. Get 2 copies, one for you and one for him.

As a retired pastor who sat through countless sessions imparting the Lord's message to troubled marrieds this is must have for the pastoral library as well.

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### **Kate says**

Amazing book on marriage and sex and all that goes along with them! Sheila is passionate about marriage and passionate that God has a very good plan for sex within marriage! Whether you are engaged or married, this is a book you should read! If you struggle with sex in any way, read this book! God's design for sex is beautiful and a mystery at times, but it is worth learning more and drawing near to your husband! This is a must read for all wives!!

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### **Lori Lynn says**

My husband bought this book for me right before we got married (5/19/2012). I read this on our honeymoon and loved it. Before we got married I read The Act of Marriage and really enjoyed it but did find some parts a little outdated (mind you, I read the 1970's edition). I really really really love this book!!!! I don't 100% agree with everything in it, but overall I do. I would recommend this to any woman soon to be married, already married, or even just a woman who is mature enough to properly handle the material. Husbands, if you read this book, you might just understand your wives better, so I'd recommend it to y'all too :-)

Overall, a great book! I plan on reading it again in the future.

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