

Welcome

Maybe you found me on social media, or were doing a search online.
Maybe you've been listening to my podcast and wanted to learn more.
Maybe a friend or sister told you about me.
Or maybe your husband found me first and is pressuring you to learn more.
Whatever the reason, I'm glad you are here.

I want you to know that you (or your husband) were guided to me for a reason.

Starting to explore your sexuality can be scary at first. Believe me, I've been there! But I also know how important it is. For the last few years, I have felt inspired and guided in this work. I have seen the lives of hundreds of women changed. I've seen marriage saved. And I've seen this work changing families and generational patterns. This work matters.

I want you to open your heart and your mind to exploring something new. The Sex for Saints Podcast was created to help women like you start to make these important changes. And with over half a million downloads, I know I'm on the right track. I can't wait for you to dive in and learn more.

With over 200 episodes, I know that it can seem overwhelming and you may not know where to begin. I would encourage you to find some topics of interest and just start listening. You don't need to go back to the beginning.

I get lots of questions about which episode would help with a particular challenge, so hopefully this guide will help you with that as well.

Make sure you find the podcast on your favorite platform and hit subscribe. I also really appreciate when you share it with friends and family and leave me a review.

Thank you so much for being here!

xo, *Amanda*

Episode 196: Sexual & Spiritual Wholeness

1

Sexuality is a God-given part of us and if we deny that part, we will never be truly whole. Becoming whole means accepting and developing your sexuality and eroticism as a vital part of your mortal existence. This means instead of shutting down your sexuality constantly you need to work on developing it in a way that blesses your life as an individual and blesses your marriage.

Episode 103: A Marriage Made Whole

5

An interview with one of my clients and her husband about her experience while coaching with me and how it has changed their marriage and changed their lives. Their story is raw and real and I appreciate their candor and their willingness to share the struggle that Joy's sexuality has been for them.

Episode 190: Creating Space For Desire

2

Do you desire sex? If you said no, why is that? Is it because you have lost your desire completely or is it because you aren't giving yourself enough space to have that desire? In this episode, I look at the reasons why you no longer feel the desire for sex.

Episode 75: The Big "O"

6

This episode is all about orgasms. What are they? What do you they feel like? What keeps you from having one?

Episode 137: The Five Gears of Touch

3

Touch is so important in helping women get their mind and body ready for sex. The problem is that it has to be the right kind of touch and often spouses are at different levels. Learn about the 5 gears and how they can help you as a couple be on the same page and accelerate together.

Episode 207: Creating Safety in Sex

7

Often we look outside of ourselves to help us feel safe. But we can find safety within. And when we feel that inner safety, then we can really open up to our partner and enjoy sex and our sexuality in a way that we haven't before.

Episode 81: Good Girl Syndrome

4

If you have a hard time reconciling sexual thoughts and desires with your religious beliefs, you may have Good Girl Syndrome. How do we overcome the Natural Man but give in to the desires and appetites we were given by our Heavenly Parents? How do those two things work together for our good?

Episode 159: 4 Keys to a Healthy, Passionate Marriage

8

What do you want out of your marriage? I think we all want our marriages to be healthy and full of passion, right? But, how do you do that? In this episode I'm talking about the 4 keys to a healthy and passionate marriage.

THE
SEX *for* **SAINTS**
PODCAST MINI DIRECTORY

Sex

- #73 - I'm Not in the Mood
- #82 - Sex Rules
- #83 - Making Time for Sex
- #94 - 6 Steps to a Healthy Sexual Relationship
- #95 - When You're Too Exhausted for Sex
- #99 - The Importance of Touch
- #114 - 3 Keys to Great Sex
- #128 - The Four Reasons Why We Have Sex

Orgasms

- #75 - The Big "O"
- #121 - Why You're Not Having Orgasms
- #156 - The Disappearing Orgasm
- #179 - It takes too long to orgasm
- #189 - Faking Orgasms

The Higher Desire Partner

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- #77 - Rejection
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- #104 - Am I Desirable?
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Relationship With Self

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- #98 - Embracing Your Sexuality
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- #162 - Attraction & Self-Objectification
- #173 - My Experience with Boudoir Photography
- #191 - Learning To Trust

Upleveling Your Sex Life

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- #119 - How 'Auditory Arousal' Can Heat Up Your Lovemaking
- #138 - Sex Toys 101
- #139 - Why You Need a Vibrator
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- #169 - Initiating Ideas and Styles
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- #194 - Sexual Role-Play
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- #204 - Kink And BDSM

Overcoming Sexual Problems & Obstacles

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- #91 - Keeping Your Husband Happy
- #105 - Sexual Anorexia
- #111 - Mindful Sex
- #116 - Painful Sex
- #120 - He Just Wants Sex
- #122 - Kids Don't Have to Ruin Your Sex Life
- #142 - The Madonna/Whore Complex
- #143 - Five Mistakes Women Make in Bed
- #144 - Five Mistakes Men Make in Bed
- #146 - When Sex is Boring
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- #158 - Sexual Scarcity
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Most Popular

- #134 - Masturbation and the Church
- #164 - Oral Sex Hangups
- #181 - Garments Aren't Sexy
- #174 - How I Fixed My Sexual Relationship: An Interview with Mike Peterson
- #184 - What Turns Women On

Ready for more?

If you've liked what you've listened to so far, there's a lot more that I can offer you.

If you are ready to learn how to apply everything that I teach you on the podcast, I'd love for you to check out my Embrace You! Elite Society. The Embrace You Elite Society is the premier coaching program for Christian women who want more in their marriage and sexual relationship.

Inside The Society you will learn the skills and tools you need to love yourself, love your spouse, and love your sex life.

When teaching and coaching women like you, I take a three-fold approach:

1. **Mental:** Tools and practices that draw on cognitive behavioral psychology (how your thoughts and feelings impact your actions and outcomes) to help you change your mindset and belief systems around you, your spouse, your marriage, and sex.
2. **Physical:** Tools and practices that focus on the body (somatic work and ancient Tantric practices) to help your body release and heal the trauma from familial, religious, and societal conditioning.
3. **Spiritual:** Using strong Conservative Christian values and doctrine to help you connect the sexual with the spiritual.

If this sounds like a great fit for you, I want to invite you join me. You won't regret it!

[Learn More!](#)

xo, *Amanda*