

# How to Quickly Boost Sex and Intimacy in Your Relationship

Rekindling the spark takes work. Here are some foolproof ways to keep the fire burning:

## Bring Back Date Night

Rekindle the romance. Commit to spending one night a week as a loving, sexy couple having fun.

## Give Frequent Compliments

Forget nitpicking and nagging. Tell your sweetheart how much you love, appreciate and admire him/her regularly. You will both soon reap immense benefits.

## Be Confident

There's nothing sexier or hotter than confidence. When you feel good in your own skin, everyone knows it and respects you.

## Let Your Smile Be Your Best Asset

When you smile, your face inevitably looks better, plus it's contagious. Smiling reduces stress and anxiety, releases endorphins and strengthens your immune system.

## Connect with Each Other

Turn off the TV, cell phones, laptops and Xboxes. Jump in the shower together, give each other a backrub, play a board game, read a sexy novel together, or go for a walk holding hands.

## Be Thoughtful and Considerate

Show your love and appreciation by helping with chores; surprise him/her with something nice and unexpected. When your partner feels truly loved by you, miracles happen.

## Hit the Gym

Exercise not only benefits your body, but it is also beneficial for your nervous system and brain as well. It reduces stress, which gets you "in the mood" by increasing blood flow to all the right places. Make an effort to always look and smell your best.

## Show Interest in Your Sweetheart's Day

Make it a habit, and be willing to share some of your day. Just be sure to ease up and limit your complaints. Become a sounding board and confidante.

## Pick Your Battles

Where you have dinner or which movie you see is not important, as long as you're holding hands, connecting emotionally and having a great time. Learn to negotiate so you can both take turns getting your way.

## Get Physical

Dedicate an hour regularly to trying something fun and new. Experiment with new positions, incorporate some toys, watch a sexy movie, talk about what turns you on and especially how you'd like to be pleased.

Keeping your relationship fresh and exciting takes work and sometimes you need professional help to get it back on track. Dr. Gilbert can help make your relationship a priority so you feel more connected, appreciated and heard. You'll enjoy life more when you feel connected. To get started and sign up for a FREE newsletter, visit [www.ReconnectRelationship.com](http://www.ReconnectRelationship.com).



## Feeling Disconnected?



You're not ready to call it quits, but your relationship is deteriorating. You want things to change and realize you need professional help.

## Get Your Relationship Back on Track.

### Learn How To:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Express your feelings and opinions without fear
- Cope with an affair and restore trust
- Feel more connected, appreciated and heard

Call now for a FREE phone consultation

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