



The Gift of Sex: A Guide to Sexual Fulfillment

Clifford L. Penner , Joyce J. Penner

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Clifford and Joyce Penner, clinical therapist and nurse have written a sensitive and forthright guide to understanding sexuality and how it fits into God's design for marriage. This revised and updated version features a new introduction, new illustrations, a section on addictions and the Internet, and a timely discussion on sexually transmitted diseases and their consequences. With the latest information on sexuality and intimacy, this best-selling book is ideal whether you are newlyweds or have been married for many years.

Chapters include:

The Physical Dimension

The Total Experience

Moving Past Sexual Barriers

Resolving Difficulties

Finding Help

The Gift of Sex: A Guide to Sexual Fulfillment Details

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Lauren says

helpful right before marriage

Alexander says

This is a book of great wisdom. While I have only read the first five or six chapters, it has been very good to do so. I am currently engaged and if I read anymore I might go crazy in anticipation before the wedding day. The quality of the information is really good. It talks a lot about how our past affects our attitudes toward sex and the pitfalls that many fall into which can be avoided. I recommend this book and can't wait to finish it when I get married. It is also part of our curriculum in my Marriage and Family class at CBU.

Tanya says

This is a very informative book, founded on biblical principles. I recommend it for every couple to read, especially if one or both partners have questions about sex and sexuality, and/or are facing difficult times in their marriage bed.

Anna Sojourning says

I love this book! It's very practical and covers a very broad range of subjects regarding sex. It's been super helpful to me personally. I would highly recommend this book to Christian married couples.

Justin Steckbauer says

This book provided pretty solid biblical teachings regarding human sexuality in marriage. The only objection I would have is what they teach regarding masturbation. Lust is a sin, which is intrinsic to masturbation. Otherwise this is an excellent resource for sex in marriage.

Julie says

Let's talk about sex from a Christian point of view, written by a couple. You get the male and female perspective! Well written, biblically based. Must read before you get married, and read over and over throughout your marriage. Reminds you to serve each other, go that extra mile even when you don't feel like it. The results are worth it! Great shower/wedding gift.

Gayle Vegter says

Awesome book! Highly recommend it to any married couple. The authors are experienced Christian sex therapists and I had read other shorter books by them. This one is very comprehensive, covering just about anything you might need.

Marcella Purnama says

As a Christian newlywed, this book has given a lot of information on how to view sex, which subject is often considered taboo in Christianity - I mean, it's never really spoken out loud. That being said, I find some of the chapters quite repetitive. I'd probably like some more case studies.

I'd recommend this book especially to engaged couples and newlyweds!

Michelle says

Awesome resource for those preparing for marriage or struggling with intimacy in marriage

Des says

Clifford and Joyce Penner have written a comprehensive book which begins by helping the reader understand God's original purpose and design for sex and sexuality. The book covers just about every topic and answers every question one may have about healthy sex and sexuality, ranging from enhancing pleasure further in marriages of with each spouse expresses being satisfied, to those who have virtually no active sexual intimacy within their marriage, as well as those who are experiencing various sex related problems such as erectile dysfunction, and issues related to aging and hormonal changes.

The Penners address sex and sexuality from biblical, spiritual, emotional, mental and biological perspectives which makes it a good read for those who have been married for many years, newlyweds, and couples who are preparing for marriage.

Susan says

As a biblical counselor, I recommend this to newlyweds, engaged couples (nearing marriage) and any married couple who struggles in their physical intimacy. It is straightforward, specific and yet very respectful.

Sam says

It was helpful. Not too annoying. I enjoyed my read.

Rebecca Kelly says

I read this book for one of my college classes. It was very informative. All couples should read this book together!!

Paul Kovatch says

husband and wifes views

Aadel Bussinger says

One of the better Christian marriage books out there about sex. The Penners have 30+ years of sexual couples seminars and sex counseling behind them and they do a great job of covering a wide range of topics.

Only a couple times did I feel that they were basing their advice/guidance on the typical roles men and women fill in the sexual relationship. I would have liked to see the ideas of women wanting/needing sex more often and the man being sexually slower to respond be tackled.
