



# Things Your Mother Never Told You: A Woman's Guide to Sexuality

*Kim Gaines Eckert*

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"Sexuality offers important lessons about God, about ourselves, about the life that he is calling us to now, as well as a vision of the life that he has ultimately created us for—one of constant love and physical union with him in eternity." Sexuality is core to our personhood. Conversations about sex and sexuality matter, because they are really about our identity as people created in the image of God. So why aren't Christians talking about it? In this frank exploration of all aspects of what it means to be a sexual being created by God, psychologist Kim Gaines Eckert explores common myths that we have absorbed from popular culture and distorted religious teaching. As women, in particular, we are flooded with images of disconnecting, degrading sexuality. It is easy to develop distorted views, but our sexuality as women is a reflection of how we have been created in God's image. Some myths that Eckert debunks include:

- Sex is good or sex is evil
- Sexuality should not be talked about
- You must experience erotic sexual satisfaction to be fulfilled

Neither our identity as sexual beings nor the gift of sexual pleasure is the thing itself. God has created us for union with Himself, and sex and sexuality are signs that point us toward that ultimate good. Allow this book to be your companion into a journey to deeper self-understanding as you explore things you may never have discussed with anyone else.



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