



**YOU ARE TRULY BEAUTIFUL**

**Finding, Accepting and Embracing Your  
Inner Sexy.**

**eros**  
COACHING PTE LTD



**Everyone is attractive, we just have to find it in us and embrace it.**

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**Clinical sexologist Dr Martha Lee shows you how to bring out your true beauty.**

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If I was given a dollar each time that I am asked how one can appear sexier to the opposite gender, I would be rich. However, there are several flaws inherent to this question.

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# WHAT IS SEXY?



## 01

**First of all, why would you feel the need to appear sexier?**

You are essentially saying that there is something fundamentally wrong or not good enough with you.

Are you being 'sexy' for others or for yourself?



Why you have not met your mate is because there is something wrong with you, and not with what you are doing.



# 02

## NEXT, WHY APPEAR SEXIER?

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I TAKE GREAT OFFENSE WITH THE WORD  
'APPEAR'.

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Are you saying you are not sexy  
enough, and need to fake sexy?

How about identifying with your  
inner beauty or vixen, and being  
sexy from inside out instead?

# 03

**Third, why the fixation with sexier? Are you feeling the pressure to act up because of societal expectations of a single person?**

Are you being influenced by media portrayals of what it means to be desirable?

The assumption is that appearing sexier is what will attract the opposite gender. Sure, it works sometimes, but would it work to attract the kind of guy you want?





## FOURTH, WHO WENT OUT AND DECIDED WHAT SEXY WAS FOR THE REST OF US?

- What sexy means to me is very different from what sexy means to you.
- By trying to **'appear sexy'**, you are assuming so many things including that there is only one kind of sexy.
- What does **'one kind of sexy'** mean, anyway?
- For ladies, could it be short skirts, high heels, natural makeup, clear complexion, long hair, dangling earrings, gigantic boobs?
- For men, maybe it is a fancy car, a fancier career, and a body to match?
- What happens then? What if you are not sexy in the way the world says you ought to be? Does that make you a failure? A social outcast? A reject? Who exactly decides?



# BE ATTRACTIVE

**Since it is misleading, I rephrase the question. The real question should be: How can I be more attractive?**

Note how I removed 'appear' and replaced 'sexy'. Also realize that I eliminated the words 'for the opposite gender' because what is the fun in being sexy, attractive, etc. for the sake of others?

**HOW ABOUT FOR YOUR SAKE  
INSTEAD?**

# HOW CAN I BE MORE ATTRACTIVE?

- To be a more attractive person, I have to **Be all that I am meant to be.**
- In actionable terms: **Do inner work.**
- **Go deep within.**
- Find out—exactly—**What the true identity of this person you are, is.**

**The answer to 'How can I be more attractive?' has to be this:**



# BE A WONDERFUL AND ATTRACTIVE PERSON

The more you learn about yourself, what you stand for, and what is important to you, the more you come into your 'being' or power.

You can only be a wonderful lover or attractive partner when you are a wonderful and attractive person yourself.



**And  
you are wonderful  
and attractive—you  
just do not believe it.  
It is only you who  
doubts that you have  
this 'star' quality.**

**Yet it is easy to see  
the potential and the  
magnificence in you.**



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**Dr. Martha Tara Lee  
has a doctorate in  
human sexuality  
and has launched  
Eros Coaching in 2009**

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**WHAT SERVICES DOES  
EROS COACHING  
PROVIDE?**

- **Sexuality Coaching**
- **Life Coaching**
- **Relationship Coaching**
- **Sexual Education  
Workshop**
- **Answer Sexuality  
Questions Via Email**

She is the only **certified  
sexuality educator** by the  
American Association of  
Sexuality Educators,  
Counsellors and Therapists  
(AASECT) in Singapore.

This accolade is only for  
those who meet the  
stringent requirements  
determined by AASECT, a  
leading professional  
organization for sexuality  
educators, sexuality  
counsellors and sex  
therapists in the US.

**In short, she strives  
to be the one of the  
best sexologists in  
the world**



[www.ErosCoaching.com](http://www.ErosCoaching.com)