



WHAT IS SEXUAL EMPOWERMENT?

By Dr. Martha Tara Lee, D.H.S.



Dr. Martha Tara Lee

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Singapore



ARE YOU SEXUALLY EMPOWERED?

➤ Empowerment is recognising and taking back the power that has always been yours.

“You didn’t lose any power. You just didn’t know you had it in you.”


➤ Sexually Empowered People don’t need to prove to anybody when it comes to their sexuality. They don’t impose themselves onto others and they don’t feel a need to tell others what to do with their sexuality.



I DARE SAY I AM SEXUALLY EMPOWERED

I have supported people with their sexuality for coming to **Eight Years** now (I survived the 7th year itch!).

“My clients tell me how much better they feel having confided in me, getting answers to their questions, and support for their growth.”



“It wasn’t long that I realised it wasn’t just **WHAT** I was sharing but more of **WHO** I was that was inspiring them to own their own sexuality!”

They've inspired me to own
(and reclaim) my sexuality on
a daily basis. I've been actively
working at developing a better
relationship with my body and
sexuality each day.

You can read
about my
**Orgasmic
Yoga
practices**
in my second
book [here](#).



sex toys & joys



A SEX TOY IS BUT A TOOL

Few new entrants have come on the sex toy market in Singapore. They trumpet one message: “**Sex toys will make you sexually Empowered**” (and surprise, surprise, they happen to sell those very toys that they are talking about).

A sex toy doesn't necessarily make you any more Sexually Empowered.

Don't buy into any lies or do anything to be **more** of anything.



Sex toys are tools and they can enhance your sexual experience, but they do not necessarily mean **YOU ARE SEXUALLY EMPOWERED.**

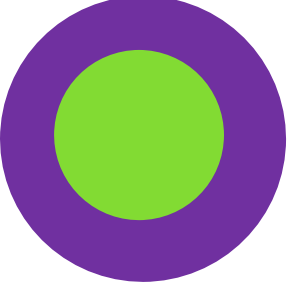
Sexual Empowerment is more than buying or using of sex toys!

Don't get me wrong. I don't hate toys. I have and use sex toys. I even review them [here](#) (with zero cent going to me).

**GET SEXUALLY
INFORMED, EDUCATED
AND EMPOWERED IN
WAYS THAT ARE RIGHT
FOR YOU!**

When I recommend a sex toy as a sexologist and sexuality educator, I will only have your best interests at heart. Beware of people who say something is good only to directly benefit from it (vested interests).





WORK WITH MARTHA

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

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/profile



DR. MARTHA TARA LEE

- All her events are fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing and sacred.
- Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, and Men's Health Malaysia.
- She was recognised as one of **'Top 50 Inspiring Women Under 40'** by Her World in July 2010, and one of **'Top 100 Inspiring Women'** by CozyCot in March 2011.
- She has published two books: Love, Sex and Everything In-Between, and Orgasmic Yoga.

[Hire Martha here.](#)

