

"I feel blessed for the sex-positive messages that my mother gave me. She taught me about self-acceptance, self-love and sexuality in a way that I will always cherish."

"I know that not all people have such a nurturing start to their sexuality but no matter where you are in your journey you can move forward."

"I'm sharing this story and many personal things about myself in this book because I want to help normalize sexuality through stories – not just facts."

"Trust me, when I was training to be a sexologist, I didn't realize how much time I would be spending to educate people about masturbation. I do it because it is important!"

"A negative body image is a serious problem and has damaging effects on one's self-esteem"

When you can smile back at your reflection in the mirror, you are well on your way to self-love and respect. Love and enjoy the you inside"

"Who was standing up for sex?"

"It is only when one is in their body and unafraid that pleasure and arousal can really be experienced."

Quotes: From Princess to Queen
Dr. Martha Tara Lee is Founder and Clinical Sexologist of Eros Coaching. She is a certified sexologist with a Doctorate in Human Sexuality Order *From Princess to Queen* at www.eroscoaching.com/queen

"Though it can be for some people, sex is not just a physical act. Sex is usually a physical, emotional, mental, and even spiritual act.
Your intention has everything to do with what sex is like for you."

"Intimacy lies more with the ability to share one's fears, dreams, and pains. Without **HONESTY, PATIENCE, AND THE ABILITY TO BE VULNERABLE**, it is not possible to let your partner know who you really are and what you really want."

IT IS ABOUT THE JOY OF LIFE AS WELL AS THE INTIMACY OF CONNECTEDNESS.
"The best thing about my job is seeing the glimmer of hope on the faces of clients, reigniting the sparkle of light in their eyes and of course, helping them overcome their sexual difficulties and, consequently, achieving a more fulfilling life."

"Sex involves the expression of physical love."

"Sex is supposed to be un-self-conscious and pleasurable. Until you let go of what you 'ought' to be doing, or of what is 'right' or 'best' for you or your partner, you are not going to be able to enjoy the experience."

"You Can Choose To Love"

"I'd remind myself, "You chose to do this, remember? You decided you wanted to stand for sex. You said you wanted to help people... You can choose to quit... or you can choose to love."



"I retreated from striving and doing that I finally went deeper into integrating all the Tantric tools I've learned – and being."

And each time, I would choose to love. This became my internal mantra: "I choose to love."

"Do you know of those people who are on a spiritual quest who sometimes keep seeking, when they should stop pursuing, stay still and practice? That was me..."

DESIRE DRIVES, AND THE RESPONSIBILITY

"Over time, it can become debilitating. Many times, I've felt lonely, like a lone warrior, misjudged and misunderstood. My clients and my desire to do better and help better keeps me going."