



YOU ARE TRULY BEAUTIFUL

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





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

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

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.


COACHING PTE LTD

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?

I TAKE GREAT OFFENSE WITH THE WORD
'APPEAR'.

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.**



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

**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