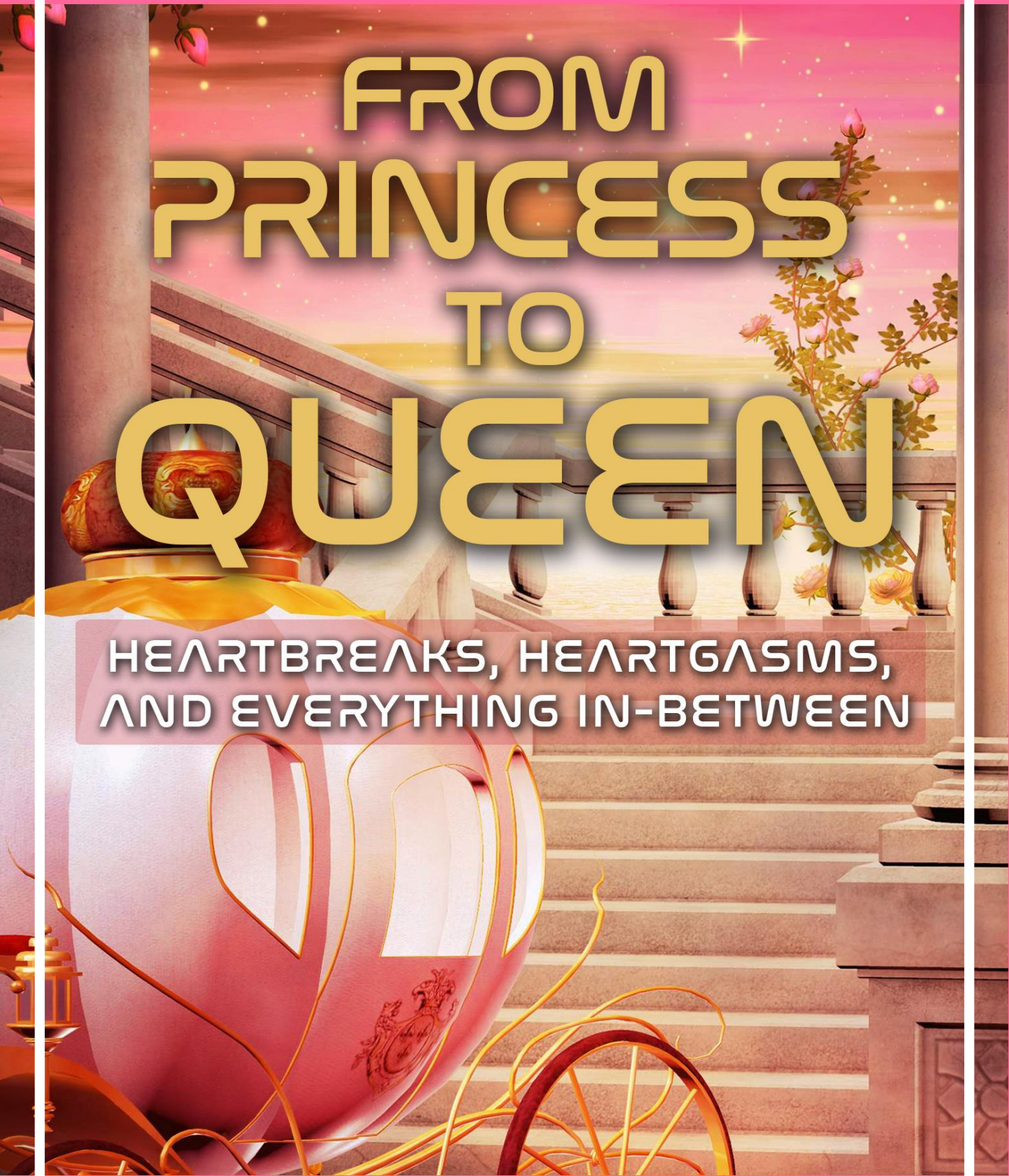
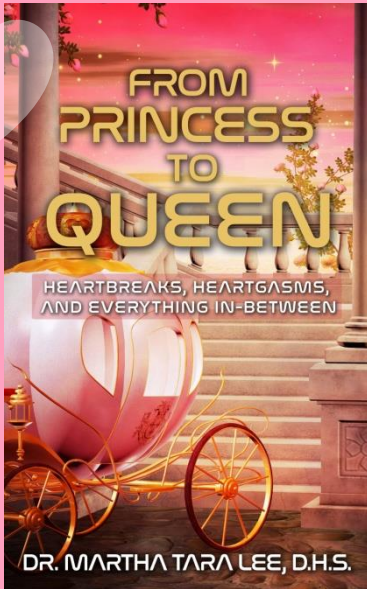


WORK BOOK

FROM PRINCESS TO QUEEN

HEARTBREAKS, HEARTGASMS,
AND EVERYTHING IN-BETWEEN





Workbook

From Princess To Queen: *Heartbreaks, Heartgasms And Everything In-between* By Dr. Martha Tara Lee

Welcome! You're holding a compendium to the book From Princess to Queen: Heartbreaks, Heartgasms and Everything In-Between by Dr. Martha Tara Lee.

This workbook is designed to support readers of the book to reflect on the key messages from each chapter. You can use this workbook independently as well. I hope you benefit from this labour of love, and enjoy going through these coaching questions.

I would love to hear from you at drmarthalee@eroscoaching.com.

Much love,

Martha

Martha Tara Lee, D.H.S.
Clinical Sexologist
Eros Coaching

Psst... If you haven't and would like to purchase the book, you can do so here www.eroscoaching.com/queen.

ABOUT THE BOOK

The book "From Princess to Queen: Heartbreaks, Heartgasms and Everything In-Between" is a bold yet vulnerable account of how Clinical Sexologist and relationship coach Dr. Martha Tara Lee views sex and sexuality. As the first sexologist with a doctorate in human sexuality in Singapore, Martha has gone where nobody has. She shares how she survived heartbreaks, attained heartgasms and everything in between this journey. This book documents her professional journey as a pioneer sexologist, as well as personal one of reclaiming her femininity, and truly stepping into her power as a woman. More than coming of age book, each chapter has a theme, followed by practical suggestions for readers on how you too can navigate your own lives.

Dr. Martha Tara Lee is Founder and Clinical Sexologist of Eros Coaching. She is a certified sexologist with a Doctorate in Human Sexuality. She provides sexuality and relationship coaching for individuals and couples, conducts sexual education workshops and speaks at public events. She is the author of the books [Love, Sex and Everything In-Between](#), and [Orgasmic Yoga](#). She is also the host of the weekly radio show [Eros Evolution](#) on OMTimes Radio.

"In this unique and creative self-help memoir, Dr. Martha Tara Lee proves that experience is always the best teacher. Dr. Martha gives us the benefit of both her personal and professional experience with life, love and sex, followed by sound advice, step-by-step instructions, and links to valuable resources. This is a touching, smart, and inspiring guide to a complete sex/life makeover. Brava!" — Barbara Carrellas, author of Urban Tantra: Sacred Sex for the Twenty-First Century and Ecstasy is Necessary

"How to describe Dr. Martha Tara Lee... not easy... as she doesn't fit into any box. She's a unique and brilliant woman with the courage to practice and live in a culture that denies there is such a thing as sex. Time and again Martha authentically puts herself out in front of people to enrich and expand their lives by sharing her life as an example of raw vulnerability and courage. Her personal spiritual sexual journey is what the book From Princess to Queen is about. By telling her story, she bravely inspires people to reclaim their sexuality; shift their sexual attitudes; and see their life force energy as powerful and vital to happiness." — Laurie Handlers, MA, founder of Butterfly Workshops and author of Sex and Happiness: The Tantric Laws of Intimacy, ISTA Lead Facilitator

Chapter 1 - Masturbation

1.How does masturbation help us understand our sexuality?

2.What is your masturbation pattern?

3.How else could you pleasure yourself sexually?

4.What would you do if you caught my child masturbating?

5.If you had a child, how could do you better as a parent in the sexual messages you tell?

Chapter 2 - Body Image

1.How would you define body image?

2.What are the consequences of a poor body image?

3.What role can parents play in supporting their children to develop a positive image of themselves?

4.How do you relate to your body? Are have been the consequences?

5.How can you further your relationship with your body?

Chapter 3 - First-time Sex

1.How was your first-time sex experience?

2.How would you prepare for first-time sex if you haven't? And what do you wish had happened during your first-time sex experience?

3.What do you think are some of the misconceptions about first-time sex?

4.What advice would you give someone about to have his or her first-time sex?

5.How might you heal your first-time sex experience, if needed?

Chapter 4 - Heartbreaks

1.What role do romantic relationships play in our lives?

2.What have you learned about relationships from your parents?

3.What have you learned from your “failed” romantic relationships?

4.What is the best advice you have ever receiving about healing after a heartbreak?

5.If you have the fear of getting hurt emotionally, what could you do to heal all parts of yourself?

Chapter 5 - Sex conversations

1. Why do you think we don't talk about sex in positive ways as a society?

2. Why could we be more open about talking about sex as a society?

3. How could you get started in talking about sex?

4. How would you begin to get your partner to talk more openly about sex?

5. What could you do to support your friends if they talk about sex?

Chapter 6 - Sex Education

1. In what ways is sex more than just sex?

2. What do you think is the importance of saying our yes's and no's in and out of the bedroom?

3. What is the importance of sharing our sexual histories with our partner?

4. What changes do you feel need to be done to sexuality education in schools?

5. What changes do you feel need to be done to sexuality messages in the media?

Chapter 7 - Sex Problems

1.What are the types of sexual dysfunctions mentioned?

2.What could be done about each of them?

3.How long would you wait before seeking help if you suspect you or your partner has a sexual dysfunction?

4.If you had sexual anxiety, how might you deal with it?

5.How might you support your partner deal with sexual inhibitions or difficulties?

Chapter 8 - Long-term Relationships

1.Which is your preferred time for sex? What about your partner?

2.What is your conflict style? What's your partner?

3.What could you do if your partner wants sex and you don't?

4.What are some of the other differences you could state between you and your partner?

5.How could you make those differences work for rather than against your relationship?

Chapter 9 - Burn Out

1. Do you believe work-life balance is possible? If yes, what could you do?

2. What do you do to inject joy into your life on a weekly basis?

3. What could you do to avoid burnout?

4. How might you deal with burnout?

5. What could you do to process the negativity around you?

Chapter 10 - Sex and Illness

1.What would you do if you were diagnosed with cancer one day?

2.What support would you need?

3.What support are you willing to give to those around me if they were ill?

4.What are the things that you would not tell or do to somebody with a terminal illness?

5.What are you doing to keep healthy?

Chapter 11 - Bliss

1.What is the link between sexuality and spirituality for you?

2.What are some ways in which we can have bliss in our life?

3.What types of orgasms have you had?

4.Which Tantric practices are you willing to do? Do it and state briefly how it was like for you.

5.How else could you practice sex and spirit in your life?

Chapter 12 - Everything Else

1.What do you really, really, really want in your life?

2.How important is your desire to you?

3.What am you doing to get there?

4.What support could you benefit from?

5.Who could support you in getting there?

Chapter 13 - Crowning Moment

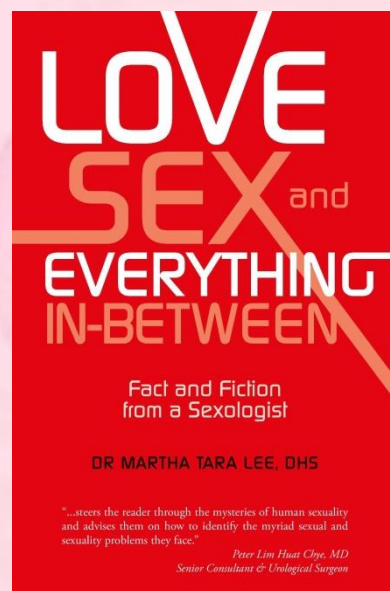
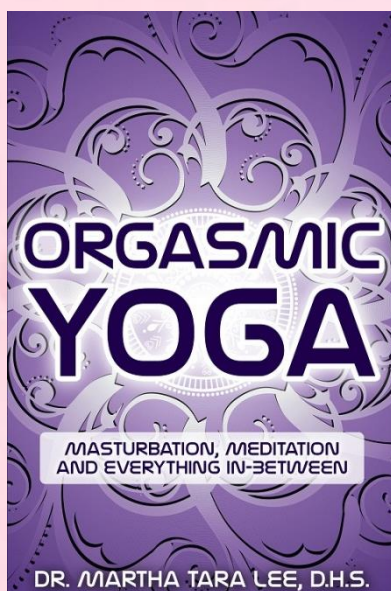
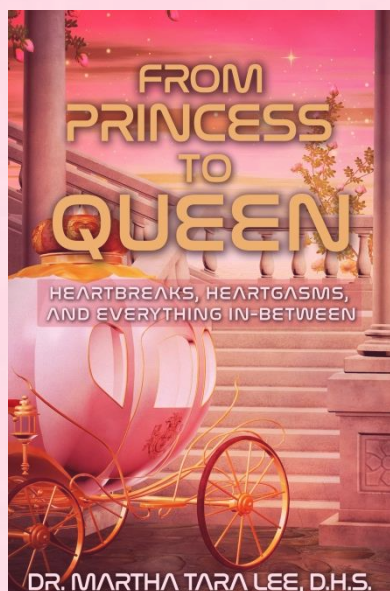
1.What are the learnings you taking away from this book?

2.What are you going to implement so your life will never be the same again?

3.How can you make sure you stay the course?

4.Have you stepped into your full power as an adult, including with your sexuality?

5.What's the point of your life?



I hope you've enjoyed the above questions that has accompanied my third book From Princess to Queen: Heartbreaks, Heartgasms and Everything In-Between.

I would love to hear from you what you think of this workbook! Do email me at

drmarthalee@eroscoaching.com

Now we know while transformation can shift within seconds, sustainable change requires effort, support, and accountability. Could you benefit from coaching whether face-to-face or via skype? I would love to work with you! To honor you for coming so far, if you use the code word "queenie", I'd offer you a discount!

ABOUT THE AUTHOR



Workbook From Princess to Queen: *Heartbreaks, Heartgasms and Everything In-Between* By Dr. Martha Tara Lee

Surrounded by friends who were sexually inhibited and struck by dire lack of positive conversations around sex and sexuality in Singapore, Dr. Martha Tara Lee decided to take it upon herself to be an advocate for positive sexuality and started Eros Coaching in 2009.

She has worked with thousands of couples (international and local) who have unconsummated marriage; men and women with sexual inhibitions and sexual desire discrepancies; men with erection and ejaculation concerns; as well as with GLBTQQ and kink folks. A born and bred Singaporean Chinese, Martha welcomes individuals as well as couples of all sexual orientations, and is available via Skype or face-to-face in Singapore. Martha speaks English and Mandarin. Since 2011, she has been (and still is) the only certified sexuality educator by the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) in Singapore.

Often cited in the media, Dr. Lee is the appointed sex expert for [Men's Health Singapore](#) (since 2009), and [Men's Health Malaysia](#) (since 2010). She also contributes regularly towards [YourTango](#) and [Elephant Journal](#). She is also the host of weekly radio show [Eros Evolution](#) for Sometimes Radio. 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. Her first book [Love, Sex and Everything In-Between](#) was published by Marshall Cavendish in Oct 2013, and her second [Orgasmic Yoga: Masturbation, Meditation and Everything In-Between](#) in Aug 2015.

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