



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.

The logo for Eros Coaching Pte Ltd features the word "eros" in a stylized, lowercase serif font. Above the letters "e" and "s" are decorative, wing-like flourishes. Below the word "eros" is the text "COACHING PTE LTD" in a smaller, uppercase sans-serif font.

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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 _____?

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