

Note to the Reader

Having clear language is extremely important in any conversation, especially in a conversation about sex. I know that I have to be clear with my definition of sex from the beginning in order to reduce the ambiguity around the word. When I use the word “sex” in this book, know that my definition is not limited to the act of intercourse alone but to any form of sexual behavior or relating.

Introduction

Everyone thinks about sex in either a positive way or a negative way.

If you're someone who thinks about sex in a positive way, you may be a bachelor or a bachelorette who hopes this book will provide you with ten steps to having the best sex of your life. You may be the virgin guy who is obsessed with sexual performance and doesn't want to make any sexual blunders. You may be the young girl who wants to experience the same passionate, romantic sexual situations that are portrayed in Hollywood movies such as *Titanic* or *The Notebook*. Or maybe you just love talking about sex, and you picked up this book because you want to learn everything about the topic.

I can't guarantee that this book will answer all your questions about sex and sexuality, because I don't claim to be an expert on this topic. However, I do promise to provide you with the secret to experiencing the long-lasting sexual joy and satisfaction you're searching for.

On the other hand, some of you who picked up this book may think about sex in a negative way. You may be the virgin who is harassed by your peers because you've never had sex, and you're afraid of one day becoming the dreaded forty-year-old virgin. You may be in a dating relationship and have seen how

sex, or the lack of it, has destroyed the relationships of others, and you don't want the same problem to occur in your relationship. You may have grown up in church and now feel like damaged goods because of all your broken purity promises, and you struggle every day with forgiving yourself. Or, if you are similar to me, you may be single and wanting a clear understanding of sex, and you're willing to listen to anyone who will give you the answers you are looking for. If you can relate to any of these situations, then you've picked up the right book.

Pleasure-Filled Nights but Empty Mornings Full of Regret

You probably can recount many stories from friends regarding sexual decisions that they've regretted making. Or, if you are completely honest, you can likely recount stories about sexual decisions of your own that you've regretted making. I know that I can recount dozens of both of these kinds of stories.

Out of all the stories I can recall, there is one that I believe most people can relate to. One day I was having a conversation with one of my coworkers, Sarah, and we were interrupted by a phone call she received from her friend Keisha. As soon as Sarah picked up the phone, I could hear Keisha crying on the other line, screaming hysterically as if someone close to her had recently passed away. After calming down, Keisha began to tell Sarah about a guy she was interested in who had invited her to his apartment at one in the morning to watch a movie. She'd arrived at his house, and they had hooked up less than ten minutes into the movie. Keisha was crying because the guy hadn't talked to her or answered her calls since that night. She could not believe that she had allowed herself to be used by another guy—again. She hated the emptiness that came after meaningless casual sex and

was ready to give up on love and any hope of finding someone who would truly care for her.

Maybe some of you can't relate to the story completely, but does the ending sound vaguely familiar? It does to me, because it's the theme of my sexual history, which is filled with decisions that I believed in the moment were good for me but in the long run always provided more pain than pleasure. Eventually, after experiencing enough hurt, I would throw in the towel and say, "I can't believe I did that again. I am so stupid. I'm done with [fill in the sexual decision here]. I am never going to do it again." But a couple months, weeks, days or hours would go by, and I'd ended up folding and making the same bad decision all over again.

How about you? Do you feel the same way I do? Are you tired of random hookups that feel good in the now but leave you feeling dry and hollow the morning afterward? Are you fed up with spending hours watching pornography that never satisfies the desires of your heart and always keeps you longing for more pleasure? Are you confused about your sexuality but too afraid to talk to someone about your struggles because you are too afraid of becoming a social outcast? Are you sick of going from one relationship to another and giving your heart, mind, body and soul to someone who "loves" you but then ends the relationship and breaks your heart as soon as things become difficult?

I grew tired of the endless cycles of bad sexual decisions that left me empty and unsatisfied in my pursuit of happiness. So I stopped looking for love in all the wrong places and living for temporary highs and decided to look for the truth about sex, which led me to writing this book. In it I want to pass on to you what I learned (oftentimes the hard way) about experiencing true sexual joy and satisfaction.

This Book Is for You

Now before we get started, I hope you have an open mind. I am not saying that this book will be the answer to all your problems about sex and sexuality, but the solutions in it have helped and transformed my life, the lives of my friends and the lives of many others I have encountered through my journey. This healing journey began when I realized that God had a lot to teach me about sex. And wait—before you put this book down because I brought God into the equation, hear me out.

When I talk about God, I'm not talking about the God of overbearing and institutionalized religion—a mean, distant stepfather who bosses people around and forces them to obey His burdensome commands. Nor am I talking about a God who is an oppressive dictator with eyes full of hate who is only concerned with rules and regulations and doesn't care about anyone's well-being or joy. When I talk about God, I am talking about a loving Father who deeply cares for all His children; a loving Father whose affection for His children isn't based on their behavior but on His own goodness; a loving Father who desires all His children to experience true joy and satisfaction in every avenue of their lives. This amazing, loving, compassionate Father is the God whom I plan to talk about in this book.

I know some of you may think what I used to believe: that God doesn't have anything enlightening or progressive to say about sex. But think about it. If God was the one who designed the human anatomy, couldn't there be a lesson or two that He can teach us about sex?

So don't worry, I'm not going to beat you over the head with the Bible. And if you're thinking that I'm writing one of those books that tell you how messed up you are, know that this is not the case. I was, and still am to a degree, in your same shoes. In

my life I've made many (many) bad sexual decisions that I regret every single day, but God has opened my eyes and transformed my life so that I can move past the errors of my past and experience true sexual joy and satisfaction. This phenomenal experience that has sexually revolutionized my life is what I want to convey to you through the pages of this book.

Your journey for experiencing true sexual joy and satisfaction can only begin if you are willing to take a leap of faith and trust God's methods, which you will find in the pages of this book. And if you start this book, I hope that you will promise to finish it! As you read, you may come across certain topics that you will not agree with, but hang in there, and I promise that things will be clear by the end of the book.

So if you are ready to take this journey with me in order to find the secrets to experiencing true sexual joy and satisfaction, turn the page, and let's begin.

Part I

WHAT HAVE WE ALREADY
LEARNED ABOUT SEX?

Let's Talk about Sex

This chapter and the first half of the book will not make sense if you haven't read the introduction. So if you skipped the introduction, please go back and read it

"Sex" is a simple three-letter word, but the word itself is not simply understood—despite being one of the most talked-about topics in our culture. From music, movies and television to politics and the Internet, it seems as if everybody is either talking or thinking about sex.

In the 2011 *Psychology Today* article "How Often Do Men and Women Think about Sex?" it was reported that the average college-aged man thought about sex as much as he thought about food and sleep.¹ It was also reported that the average college-aged woman thought about sex from one to one hundred forty times each day. While I am not sure if I am guilty of thinking about sex as much as I think about food or sleep, I know that I've been thinking about the topic for quite a while.

My first conversation about sex occurred on the playground at elementary school with my best friend Tommy when we were in third grade. Tommy told me a story about a man who'd had

sex with his cat, and afterward the cat had given birth to man-kittens (I know that the idea of a man and a cat making man-kittens sounds crazy, but when you are seven years old, you believe everything). After hearing the story, I was astonished that Tommy had such profound sexual insight at the tender age of seven. From that day on I was intrigued with the topic of sex; I had to learn everything there was to know about it.

Years later, when I entered seventh grade, I thought my dream of learning more about sex was finally about to come true. Our class had been given permission to take sexual education, or sex ed—the famous one-week sex talk in health class and the only time of year when we could say “penis” and “vagina” in school without getting in trouble.

In order to participate in sex ed, the teacher required everyone in the class to get a consent form signed by his or her parents. I thought to myself that this wouldn't be a problem. My parents would be eager to give me permission to take sex ed; there was no way they would say no. But I was wrong. Instead of checking the box that said, “Yes, I allow my child to take this class,” my parents checked the box that said, “No, I don't want my child taking this class.” When my parents handed the form back to me, I was heartbroken.

I can still remember how embarrassing it was being in health class when my teacher said, “Class, let's talk about sex,” and then signaled for me to exit the room because I did not have permission to take the class. So during health class, as my classmates were becoming enlightened about sex, I was forced to go to the library and waste away in my sorrow and sexual ignorance.

I was not only harassed by my classmates for not being able to take sex ed, but, of all people, I was also made fun of by my homeroom teacher. She once referred to me as “Hafeez, the

ghoul who haunts the halls because his mommy won't allow him to take sex ed." Fortunately for me, seventh grade flew by quickly. My classmates eventually stopped making fun of me, and I was able to put the embarrassing sex-ed ordeal behind me.

I felt sure that eighth grade would be the year I would learn everything there was to know about sex, but I was let down once again. Eighth-grade health class did not offer sex ed, because all the students were supposed to have taken it the previous year. Sadly, I was forced to wait once again for another year to go by without fully understanding sex.

Thankfully, my high school offered sex ed to incoming freshmen. I remember the day when my teacher passed out the waiver form, and I knew that this was the year I was going to learn everything there was to know about sex. This time when I brought the waiver form home, my parents checked the box that said, "Yes, my child can take this class."

I can still remember how excited I was when the first day of sex ed came around. I sat eagerly in my seat waiting to become a sexologist like all my friends were. However, the moment the teacher opened her mouth and started talking about sex, the only feeling I can remember having is disappointment.

After a whole week of sex ed, the only two sex-related topics that we'd talked about were condoms and genital herpes. The line "Use a condom, and if you don't, you're going to catch genital herpes" summed up my high-school experience with sexual education. Sex ed was nothing like I expected. I had thought the class would be filled with discussions about sexual secrets that only the teacher and special sex-help gurus knew. But it hadn't been, and I was still in the dark about the topic of sex.

After being let down once again by the education system, I started to think carefully about where I could turn next in order

to gain profound insight about sex. After careful consideration I decided to go where every teenager goes in order to find any valuable information about life: their teenage friends.

Most of what I learned about sex in high school came from stories that my friends told me about their sexual escapades. Yet even with my limited understanding of sex, I realized that many of these stories were not true and did not make any sense. Unfortunately, teenagers (especially teenage boys) have a terrible habit of overexaggerating their sexual experiences and sexual knowledge. All the information I got from them ended up being useless.

After being let down by my friends, I was back to the starting point on my journey to sexual enlightenment. I still needed knowledge about sex, but I knew my immature friends couldn't offer it to me. So I decided to seek out knowledge from the next greatest teenage fountain of wisdom: Hollywood movies.

From the moment I found out that there was information about sex and sexual situations in PG-13 and R-rated movies, Hollywood became my sexual instructor and I its humble student.

After being sexually enlightened by Hollywood, I took my newfound sexual knowledge to Internet discussion boards under the pen name LoveDoctor2.0, where I counseled other sexually confused teenagers about their sexual problems. For years I thought I was an official sex expert—until I started to apply the advice I had been giving others to my own life. Then I realized that all the information Hollywood had taught me about sex was a lie as well.

Sex 101

So what about you? What is your story, and how did you learn about sex?

You probably didn't learn about sex from health class, because more than likely you fell asleep during all the uncomfortable lectures about women's menstrual cycles; you probably didn't learn about sex from your parents, because if they gave you the dreaded "birds and the bees" speech, it probably sounded like an encrypted German WWII message since they were so nervous. And you probably weren't paying attention to your church's youth-group teachings about sex because words like "abstinence," "chastity" and "celibacy" all sound like viral diseases that nobody wants to catch.

So what you learned about sex more than likely came from something or someone in culture—whether it was the Internet, movies, television, music, magazines, romance novels or your friends. But if you take a look at all the sources I've listed, you'll notice that they are not the most reliable. Let me show you what I am talking about by giving examples of what each of these "infallible" sources has to say about sex.

Learning about sex from friends. Have you ever watched a news reporter interview a local resident who was supposedly an eyewitness to a crime, and as soon as that person opened his or her mouth to talk about the incident, the individual had no idea what he or she was talking about? More than likely, this "eyewitness" was nowhere near the crime when it happened; the person only acted as if he or she had seen the crime in order to get on prime-time TV.

Listening to people who give phony news reports reminds me of what it's like to learn about sex from teenagers. As I said earlier, teenagers overexaggerate their sexual experiences and

knowledge in order to prove to others that they are experts about sex. But while their bodies are physically capable of having sex, their minds are not mature enough to comprehend the true meaning of sex.

Learning about sex from the Internet. One day when I was researching the topic of sex online, I read that the average man thinks about sex every seven seconds.² At first I believed this, but when I did the math, I realized that this was impossible. If this claim was true, it meant that the average man thinks about sex 12,343 times a day. I'm not sure that even sex addicts think about sex that much. If all our sexual knowledge comes from the Internet, we're in for some trouble. The *Huffington Post* reported that more than 90 percent of people distrust the information they find on the Internet.³ Why? Because they believe that it is faulty information.

Learning about sex from music. Have you noticed that most R&B artists will release an amazing single about sex and the pleasure they receive from it but on their next single be upset because of the heartbreak they experienced from a broken relationship? How do these artists always end up so miserable? If you don't believe me, make a list of your favorite R&B songs or other slow songs and look at the life of the artist who sang or wrote them. You'll see that I am not making this up.

It's hard to trust what musicians teach about sex, because these people seem to be more sexually empty and confused than we are.

Learning about sex from romance novels. One day during English class I took a look into one of my friend's Zane novels—an African-American sex novel that mainly caters to young women. After reading a couple pages, I didn't know which was more real—the story of the sexual experiences in the book or the

story of the Easter bunny. Every single character in the book was having passionate sex and was perfectly sexually satisfied every time, and every one of them was having an affair with his or her neighbor without getting caught.

After reading those books I realized that there wasn't a single sexual situation that occurs in these romance novels that happens in real life. It turns out that romance novels are in the fiction section of the bookstore for a reason.

Learning about sex from magazines. Virtually every magazine today has some type of article related to sex. Even magazines that have nothing to do with sex—such as those about cooking, cars or gardening—have articles that are sex related. “Ten Steps to Having the Best Sex Now” is what these magazines promise to teach their readers.

Unfortunately, these magazines also give terrible sexual advice, because their advice is written by foolish, desperate people to other foolish, desperate people. I believe the reason that these magazines make so much money is that people always buy the next issue since the advice they received in the previous issue didn't solve their sexual problems.

Learning about sex from Hollywood. When it comes to learning about sex from television and Hollywood movies, everyone knows that the sexual situations and story lines in them are completely fictional. Have you ever wondered why the characters in every Hollywood movie always have casual, unprotected sex in random places but never seem to get pregnant? Or how the characters in the movies have sex for long hours, but afterward their hair and makeup remain perfectly intact? Am I the only person not seeing something add up? It's hard to learn about sex from Hollywood, because the sexual situations it portrays don't happen in real life.

Can Someone Please Help Us?

If we are going to learn the secrets of experiencing true joy and sexual satisfaction, I don't believe that our misinformed culture can provide us with the wisdom we need. Everyone around us is as sexually confused as we are.

Tim Alan Gardner put it best:

We are more sexually informed than ever. We can take advantage of therapy and medical treatments not available to previous generations. And we have free access to more sexually stimulating material than at any time in history. But despite all this knowledge, people are more sexually empty, more sexually frustrated and more sexually lost than ever before.⁴

Are you starting to feel as if you've been cheated in regard to your sexual education? I know I felt that way. After being let down by source after source, I thought that I was doomed to spend the rest of my life in sexual ignorance.

So what happens next after we come to this conclusion? Who will we turn to when everything else in life fails to teach us the truth about sex? The answer is easy. We do what I did, which is to resort to learning about sex from the only possible source that we believe will never let us down: me, myself and I.

Reflection

- When you hear the word "sex," what is the first thought that comes to your mind?
- Where did you originally learn about sex?
- Who or what in culture has primarily educated you about sex?