



# User's Guide for Fifty Shades of Grey: Hot Tips to Spice Things Up

*Jennifer Slingerland Ryan LPC*

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Why would a relationship psychotherapist care to write about such things as erotica? Since writing the first edition, this is the question many have asked in the online reviews of this guide. The reason is quite clear: Sex is an important part of marriage! Healthy individuals make healthy relationships, and healthy relationships encompass good, healthy sex. You might wonder why I'd lump this guide into "healthy" then, since our beloved Christian Grey has a whole host of unhealthy behaviors that create trouble for Ms. Anastasia Steele. The truth is we all come with baggage to a relationship, some of us more than others. Some can be worked through easily, and for some, those issues always remain. However, this is a story of respect, love, trust, vulnerability and redemption. It is a story we all know because we've all been in relationships. We all know the ache of loss, the fear of vulnerability, and the joy of feeling unconditionally accepted and loved. Couples, consider this your sex and relationship user's guide. This trilogy has enraptured one or both of you because you want more in your relationship. If you can't quite put your finger on what the "more" is, you'll get more insight reading the Shades of Grey books and in this handy little relationship user's guide. My relationship guide is what women are talking about with their friends, and the sex and intimacy read in these pages can be mimicked, at least in part, in your own relationship.

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