



Mama Gena's Marriage Manual: Stop Being a Good Wife, Start Being a Sister Goddess

Regena Thomashauer

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So, you found yourself a man. You owned him, you operated him, you dragged him back to your cave and married him -- and now you can't remember why you wanted him! Not to fear, because celebrated relationship expert Regena Thomashauer has returned, ready to turn the walking, talking, care-taking coma that is your marriage into a hot, juicy celebration of love and life

Have you ever felt that your daily responsibilities are taking a toll on your general enthusiasm, your desire for intimacy? Or that you need to ask your husband for permission before you go somewhere or do something? Or that you find yourself angry at him for no real reason? You may be suffering from the Good Wife Syndrome. The Good Wife Syndrome is a common malady characterized by an unnatural drive to sacrifice yourself, organize your married life around your husband's needs, and then blame your bewildered husband for your profound unhappiness.

Mama Gena's Marriage Manual is here to remedy your condition by administering a simple yet tremendously effective antidote: fun. Yes, that's right, fun. Mama Gena wants you to throw out your preconceived notions of what marriage should be and allow yourself to construct a marriage based on your own personal gratification. Because whether it's enjoying a great cup of coffee, taking the day off work, or having great sex, when a woman indulges her desires she inflates her feminine power and has an uplifting effect on everything and everyone around her.

To help you on your quest to revive your marriage, Mama Gena suggests a radical idea: that the community of women around us (the support system she calls our Sister Goddesses) has a greater influence on the outcome of our relationships than the partners we choose. Women's desires can turn dreams into reality, and when women get together, their power multiplies exponentially. Mama shows you how to harness that power and channel it into the daily acts that benefit your love life. She includes dozens of exercises to help you and your Sister Goddess girlfriends focus on fun, praise yourself daily, let go of anger, and learn to appreciate the men you have. Then once you've started practicing these new behaviors, Mama trains you to train your husband -- to communicate without rancor, to welcome his point of view, to reinstate the practice of lust, and much more.

Mama Gena wants you to throw off the shackles of the Good Wife Syndrome and enjoy a marriage that's free of guilt, blame, and obligation. *Mama Gena's Marriage Manual* will help you craft a partnership that enables you to do more, have more, and be more than you could ever be on your own.

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