



Woman on Fire: 9 Elements to Wake Up Your Erotic Energy, Personal Power, and Sexual Intelligence

Amy Jo Goddard

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Based on her sought-after sexuality workshops, the coauthor of *Lesbian Sex Secrets for Men* shows women how to master the 9 elements of sexual empowerment to reclaim their desire and live the sexually fulfilling lives they want.

In a cultural landscape that defines achievement in terms of the workplace and the family, and judges women's worth by superficial standards of beauty, sexuality is often overlooked as an essential piece of women's power. Many women realize they want more sexually but don't know how to get it. Based on her sought-after workshops for women, Amy Jo Goddard lays out her holistic, inside-out approach to sexual empowerment—one that examines sexuality not only in terms of what happens in the bedroom but through a lens of personal power and the erotic energy that is at our core. Goddard shows us how to elevate our sexual intelligence and defines sexual empowerment in a fresh, accessible way that feels attainable for all. She guides us in mastering the nine elements of a sexually empowered life:

1. **Voice:** Excavate and rewrite your sexual story
2. **Release:** Make space for the sexual self you've been waiting for
3. **Emotion:** Show up as emotionally powerful
4. **Body:** Know and radically accept your body
5. **Desire:** Activate desire and create a sexual practice
6. **Permission:** Give yourself permission to be erotically authentic
7. **Play:** Develop sexual skills and remember how to play
8. **Home:** Build sexual confidence and come home to you
9. **Fire:** Use your dynamic sexual energy to live vibrantly

Including stories from the thousands of women she has worked with, Goddard shares how to get (back) in touch with desire, explore vulnerability and play, and push the boundaries of what we think is acceptable. We will have not just better sex—but also more pleasure throughout life, more power in our work, and more deeply connected intimate relationships, whether we have many partners or one. And we will discover what Goddard always reminds the women she works with: the more whole we are as sexual beings, the more fulfilled we are as human beings.

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