

**crazy
good
SEX**

*putting to bed the myths
men have about sex*

Dr. Les Parrott

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Praise for *Crazy Good Sex*

In this culture, it's difficult for men to maintain a healthy perspective of human sexuality and sex in marriage. *Crazy Good Sex* is just what the doctor ordered . . . Dr. Les Parrott, of course. This book is going to give you a LOT of new understanding.

DR. DENNIS RAINEY
President of FamilyLife

I love this book! Les Parrott has a gift for making important information easy to understand. And that's abundantly clear in *Crazy Good Sex*. Every man needs this valuable information! I urge you to read this book. It is sure to positively change your sex life!

GARY SMALLEY
Author of *The Language of Sex*

Les Parrott has a great gift of getting right to the point. Each of his books seem to do just that. Now, *Crazy Good Sex* clarifies and demystifies the issues of male sexuality. Every man (and his wife) will benefit from this straightforward, no holds barred, discussion of the subject that captivates much of our thinking. He even does it with great humor!

LOUIS MCBURNEY, MD
Founder of Marble Retreat

Every guy should read this book! I promise you that your sex life will never be the same. Dr. Parrott is immensely practical and thoroughly grounded. Not only will you be glad you read it, but so will your wife!

DR. KEVIN LEMAN
Author of *Sheet Music*

Have you ever wanted to grab a cup of coffee, sit on the back porch with a wise mentor and ask him questions about sex you always wanted answers to . . . real answers? Dr. Les Parrott gives you that opportunity with his book *Crazy Good Sex*. Les tackles the topics most “experts” dodge — and he does it with candor, respect, and biblical insight.

DR. GARY ROSBERG

Coauthor of *The 5 Sex Needs of Men and Women*

Read this no-nonsense book by Les Parrott and you're sure to improve your sex life. Everyman needs this book!

STEPHEN ARTERBURN

Author of *Everyman's Battle*

Men are in a crazy sexual war that can rip the heart out of a marriage and deaden one's hope in the power of the gospel to change our inclinations. Les Parrott offers a wise and compelling path to honestly face our struggles and to taste the sensual, passionate joy of our sexuality that honors love and rejoices in pleasure. This is a book that will transform you.

DAN B. ALLENDER PHD

Author of *The Wounded Heart*

Every man (and woman) should read *Crazy Good Sex*! This book will transform your sex life. Dr. Parrott is grounded, practical, and accessible. He tackles the issues others are afraid to talk about and he does so with clarity and wisdom. Do yourself a favor and read this book today.

DR. TIM CLINTON

President of the American Association of Christian Counselors

There are two kinds of men. Men who struggle with sex. And men who are dead. The former will find this book incredibly helpful.

MARK DRISCOLL

Founding Pastor of Mars Hill Church, President of the Acts 29 Church Planting Network

When it comes to men and sex, there are a lot of lies masquerading as foregone conclusions. They've been hammered into us by the uninformed and misguided voices that surrounded us in the locker rooms, boardrooms, and bar rooms of our life. Left unchallenged, these lies are guaranteed to steal the fun and ruin the excitement between a man and his wife. Les Parrott punches the lights out of six of the biggest myths holding men's marriages hostage. The truth, indeed, will set you free. You're going to really appreciate this book.

DR. TIM KIMMEL

President of Family Matters

Author of *Raising Kids for True Greatness*

Finally, a book that offers men the unblushing truth about the oft-repeated and now exposed real-life, nitty-gritty, secret myths that so many Christian men have thought or been taught about sex. Dr. Les Parrott's biblically grounded, evidence-based, and practical answers to these myths are sure to be a boon to increasing your sexual health.

WALT LARIMORE, MD

Coauthor of *His Brain, Her Brain*

Crazy Good Sex is clever and candid. Speaking man to man, Dr. Les Parrott offers information and advice for any man wanting to understand sex and sexuality as the Designer intended. You will enjoy the myth-busting honesty of this gifted communicator and counselor.

DR. ED YOUNG

Pastor, Second Baptist Church, Houston, Texas

This book should be in the hands of every man who desires to be godly while also being the superb sexual creature God designed him to be. Never preachy, always empathetic, and continually providing practical guidance, Les Parrott has written with courage, transparency, and power. It will be surprising if men get a chance to buy it for themselves because their wives will beat them to it. I heartily recommend it not just for men, but for teenagers growing into manhood.

JOE BEAM

Founder and President, Family Dynamics Institute

Les Parrott does it again! A straight-in-your face read with significant and practical implications. Read this book and discover God's design for your sex life!

ERIK REES

Saddleback Church Pastor of Life Mission

Author of *Only You Can Be You*

God calls us to not conform to the ways of this world, and Les Parrott has done a remarkable job of showing us the sexual myths that men should not conform to. With great courage, honesty, and sensitivity, he points us to the real truth. All men should read this book, and dare I say their wives will love them for doing so.

MARK R. LAASER, PHD

Founder and President, Faithful and True Ministries, Inc.

Having counseled thousands of couples through sexual struggles, we can verify that Les has tapped into the key issues for men. In his inviting, innovative, refreshing, and always current style, Les gives men the words they need to move from their stuck misconceptions to true freedom as they embrace the naked truth!

DR. CLIFF and JOYCE PENNER

Authors of *The Gift of Sex*

A book like this is long overdue and much needed. Les Parrott expertly tackles many of the most critical sexual issues facing men (and women) today. I highly recommend *Crazy Good Sex*. Every man could benefit from reading this book.

GARY THOMAS

Author of *Sacred Marriage*

Les Parrott answers the questions men are asking. As a wife of many years, I laughed, learned, and eagerly read the Notes to the Curious Woman. After reading this excellent book, both husbands and wives will thank God that the myths men have about sex are being put to bed!

LINDA DILLOW

Coauthor of *Intimate Issues* and *Intimacy Ignited*

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good
sex

Books by Les Parrott

*3 Seconds**

25 Ways to Win with People (coauthored with John Maxwell)

The Control Freak

Helping Your Struggling Teenager

High Maintenance Relationships

The Life You Want Your Kids to Live

Love the Life You Live (coauthored with Neil Clark Warren)

Once Upon a Family

Seven Secrets of a Healthy Dating Relationship

*Shoulda, Coulda, Woulda**

Resources by Les and Leslie Parrott

Books

51 Creative Ideas for Marriage Mentors

Becoming Soul Mates

The Complete Guide to Marriage Mentoring

Getting Ready for the Wedding

I Love You More (and workbooks)

Just the Two of Us

Love Is . . .

The Love List

Love Talk (and workbooks)*

Meditations on Proverbs for Couples

*The Parent You Want to Be**

Pillow Talk

Questions Couples Ask

Relationships (and workbook)

Saving Your Marriage Before It Starts (and workbooks)*

Saving Your Second Marriage Before It Starts (and workbooks)*

Trading Places (and workbooks)*

Your Time-Starved Marriage (and workbooks)*

Video Curriculum – ZondervanGroupware®

Complete Resource Kit for Marriage Mentoring

I Love You More

Love Talk

Saving Your Marriage Before It Starts

*Audio version available

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Crazy Good Sex

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Some names have been changed to protect the privacy of individuals.

*To my two little boys, John and Jackson,
who may someday read this book
in the appropriate season of their lives.
I pray you will become men who refuse
to separate sex from the sacred.*

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Acknowledgments

I never dreamed about writing a book like this. It wasn't part of my professional plan. The focus of most of my writing is on skills for improving relationships – especially marriage. My wife, Leslie, and I have written several books together on the subject. And, until now, we've always left the intimidating topic of “sexuality” to others.

But in the past few years it became more obvious than ever to me that a book like this was begging to be written. And a meeting with a group of men in Seattle some months ago served as a catalyst for me to put the proverbial pen to paper. I'm deeply grateful to Dudley Delffs, Scott Bolinder, and Sealy Yates. Without them, I would have never written the book you're now holding.

I've got to confess I've never had more people – both men and women – review a manuscript than I have this one. When dealing with such a personal and important topic, I wanted to be sure I had as many wise minds in the process as possible. I owe deep appreciation to all of them.

Acknowledgments

I'm especially grateful to Dr. Cliff and Joyce Penner, two of the most studied Christian sexual therapists I know. They reviewed this manuscript in-depth and made numerous helpful suggestions based on their decades of pioneering clinical work with countless clients. The end-notes to this book don't do justice to their added value.

Some of the people who were also particularly generous with their time include Norm and Bobbe Evans, Clinton McLemore, Linda Dillow, Steve Moore, Doug Engberg, Shane Fookes, Rob McKenna, Kevin Lunn, Monty Lobb, Mark Brown, Jeff Kemp, Michael Roe, Matt Whitehead, Larry Roberts, Gary Gonzales, Michael Smalley, Ben Young, Matt Wimmer, Tim Gaydos, Phil Herzog, James Smith, Michael Boerner, Kevin and Robin Small, Jeff Judy, Michael Ranville, Ken Coleman, Jeana Ledbetter, Phil Herzog, Tom Dean, George Toles, and Sandy VanderZicht. I also owe a special debt to my long-time editor, and newly married, Becky Philpott.

I'm so grateful to "the team" that makes what I do easier: Johanna Cabrera, Sarah Schleiger, Bill Dallas, and Janice Lundquist. I can't say thanks enough.

And finally, to my wife Leslie. You are more than I could ever ask or dream.

*Love is the answer, but while you
are waiting for the answer, sex raises
some pretty good questions.*

Woody Allen

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How to Get the Most from This Book

No human longing is more powerful, more difficult to rein in, than sex. It has enough combustive force to incinerate wedding vows, family commitments, career goals, religious devotion, and anything else in its path. This book is designed to help any man who wants to keep the combustive force of sex from wreaking havoc in his life—while not diminishing the fire of his sexual fulfillment.

How will this book help? By breaking apart six common myths that, in all likelihood, are doing far too much damage to your sex life. You may not believe these myths outright, but you may find yourself influenced by them without even realizing it. After all, it's sex that most often confounds understanding. It's sex that raises the most questions and leads us to believe crazy misnomers and myths. And it's high time we put these destructive fallacies to bed.

But I want you to know I've written this book to be encouraging—not condemning. You won't find a guilt

trip in these pages. I don't want you to feel ashamed or embarrassed. I want you to feel informed and supported in being the man you want to be. I hope you'll draw closer to God's grace and truth as you read.

Consider a Small Group

If you are in a small group with other men, you probably already recognize the value of reading this book and then talking about it together. Few topics make for more lively and engaging discussion in a group of men than the issues in this book. For this reason, I've provided a few questions for reflection at the end of each chapter.

By the way, if you're not in a small group with other men and you'd like to be, you may want to consider this book as a tool for starting one. Simply invite a few guys to meet with you for just a few weeks to discuss the chapters in this book.

Of course, you don't have to be in a small group to benefit from this message. If you're reading the book on your own, you'll find the questions for reflection at the conclusion of each chapter just as meaningful to ponder.

Crazy Sex on the Internet

It's not what you're thinking. This book has a robust online experience to accompany your reading—and it's

completely free. I hope you'll join me and other readers on an exciting journey with *Crazy Good Sex* at my online Journey Log™ – or jLog™ for short.

The *Crazy Good Sex* jLog™ is designed with you in mind. It will take you through an interactive video experience that allows you to engage more deeply with the book, with other readers, and with me. I think you'll enjoy it. I've placed a reminder at the conclusion of each chapter to help you take advantage of this unique resource.

Ask Me Your Questions

Finally, if you have questions as you're reading this book, I hope you'll let me know. My website is designed to be a two-way street. It contains well over a thousand free video-on-demand pieces that were generated from questions we receive on a daily basis at RealRelationships.com. So please, don't hold back. Shoot your questions my way and you'll eventually receive a video response.

With every good wish and prayer,
LES PARROTT, PHD
Seattle, Washington

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A Brief Word to the Curious Woman

When I finished writing this book, I had a couple dozen guys I respect read and critique it for me. Their feedback was invaluable. But I soon realized that several of these men also included unsolicited feedback that came from their wives. The men would say something like this in an email to me: “By the way, Lisa also read the book and thought that ...” And, of course, my own wife, Leslie, seemed to be pretty curious about what I was writing as well.

It didn’t take me long to figure out that there may be more than a few women who pick this book up to peruse it before giving it to their husband as a gift or because their husband is already reading it.

So, let’s admit it. You’re curious to know what your man is reading about sex. I don’t blame you. In fact, I think it’s a good thing. Of course I’ve written this book directly to men. That’s my audience. But since I know you might be looking in, I’m going to make it easy for you.

A Brief Word to the Curious Woman

In each of the “Six Big Myths” chapters you’ll find a little section on a single page that I’m devoting specifically to you—“the curious woman.” It’s nothing major. Just a related thought I have for you as a woman who has a husband reading this material.

So don’t feel guilty. Don’t fear that you’re eavesdropping. I’m inviting you to listen in.