

# **Cool Sex**

## **An essential young adult guide to loving, mindful sex**

by Diana Richardson & Wendy Doeleman

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### **Preface by Diana Richardson**

Cool Sex is written specifically with young adults in mind, age range 15–25 years. Even so, one mother reported to me that her son of 14 read the German edition, and he basically “swallowed the contents” and seemed very happy! So, ultimately it will depend on the individual.

It’s for sure an informative read for older adults too. In the week-long Making Love Retreats for couples that I lead together with my partner Michael, the German and French editions of this book are on display and I notice many participants reading it in a highly engaged way – age range 25–75!

From my perspective age is of no consequence when it comes to the sexual material in this book (or any of my previous books), because as a society we are not truly informed about sex. We believe that sex should be instinctive and that we should know ‘how’ to do it. However, we have more or less lost contact with our original true instinct and have been sexually ‘imprinted’ to behave in certain ways in sex. And these ways are handed down, generation to generation.

So in the long run basically all of us are affected – to a greater or lesser degree – by a limited view of sex and its many misunderstandings. And in this sense age does not matter – because as far as sex goes – we are all much on the same page.

Cool Sex provides alternative information that is grounded in the physical and energetic realities of the body. It is a shift away from building up intensity and excitement – the heat of sex – to the cooler zones of sex using relaxation and awareness (mindfulness). Discovering and exploring the other side of the sexual coin delivers deeper sexual satisfaction and fulfilment and also creates love and harmony.

Over the last twenty-five years of working with couples, frequently at the end of the retreats, parents ask, “How can we inform our children about a different style of sex? We don’t want them to wait – like we had to – until they are 40/50 years old to find out about it.” Parents realize that it would probably have saved them a lot of problems to have known about a viable sexual alternative when they were a lot younger – a style that encourages love and connection. Cool Sex represents a summary of the information shared with adults during this week-long retreat.

I am very grateful to Wendy Doeleman for our creative collaboration over the years, and especially for her unique way of attuning the information to a younger audience. We met in a Making Love Retreat in 2009 which inspired Wendy to write the original version of Cool Sex – Coole seks, relaxte liefde – published in Dutch in 2010. We are thrilled that now this book is available in English.

Diana Richardson 2020