

101 WAYS TO BRING BACK THE PASSION!



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WWW.THEPASSIONDOCTOR.COM

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About The Author

Doctor Adam Sheck is a licensed Clinical Psychologist and Couples Counselor in Los Angeles, California. He supports his individual clients to have a deeper, more authentic relationship with themselves, which allows them to create a more intimate and genuine relationship with another. He facilitates couples to have more intimacy, more romance and more passion in their relationships.

Dr. Sheck is available for private couples' sessions in person at his office centrally located in the Los Angeles area. He also offers telephone and Skype sessions for out of area couples.

For highly motivated couples, he provides "Intensives", which are half or full day couples sessions intended to jump-start the couples' work or help couples to "power through" some of their more problematic issues.

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Introduction

I'm very excited to have written this book, **101 Ways To Bring Back The Passion!** It began as a casual conversation with a friend of mine and many (many, many) hours later, it resulted in the book you are reading now.

The purpose of this book is for you (and possibly your partner as well) to take some immediate action steps towards enhancing your relationship. The focus is on **immediate** and on **action**.

While couples counseling has a component of psychological insight and understanding to it, this book is about making change right now! To quote a famous family psychotherapist, sometimes "Action precedes Understanding!"

My recommendation to you is to pick one or two ideas that "call to you" from this book right away, today if possible, but certainly this week. Then commit to implementing one idea for or with your partner within a week, two at the most.

Don't wait. Don't let this be another one the 95% of people who purchase Self-Help books yet never get past page one! Take action. You and your partner will be glad you did.

I have included where appropriate, some links to my website, www.thepassiondoctor.com, which might help you implement some of the ideas in this book. If I can support you in any other way, please feel free to contact me.

You CAN have a more passionate relationship. Start now! I wish you and your partner the best.

Dr. Adam Sheck

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 **IDEA #1**

Make a list of 5 things you love about your partner and leave it where they will find it (or mail it to them). Keep a copy for yourself as well - when life gets stressful, you might want a reminder of what you're grateful for in your relationship and in your life.

 **IDEA #2**

Take little sticky notes that say "I Love You" on them and put them all over the inside of their car. Then take a CD/tape that has love songs on it and place it in the car stereo. (You can also take a stuffed animal and sit it in the passenger seat and buckle them in!).

 **IDEA #3**

When you come home, find your partner and just hold him/her close for a moment (a prolonged hug)--no words are necessary.

 **IDEA #4**

Take a bath together with bath oils, or bubbles, and candles and a CD of your favorite romantic music.

 **IDEA #5**

Take out a small classified ad in the Lost and Found section of the local newspaper stating something like "I've lost my heart and found love with you." or something similar. Have a florist deliver a flower, the newspaper and a note telling your beloved which page to turn to and where the ad is.

 **IDEA #6**

When you find yourself kissing your partner, expand your repertoire by trying to kiss them with a number of different styles or techniques. Some examples might be:

1. Alternating between using only the lips, then tongue, then back to lips, etc.
2. Sucking on your partner's upper or lower lip.
3. Nibbling or lightly biting your partner's upper or lower lip.
4. Sucking on your partner's tongue.
5. Passing a mint or a Hershey's Kiss into your partner's mouth.

 **IDEA #7**

Write a short poem (even if it doesn't rhyme and even if you think you could never write poetry) telling of your love. Send it in a letter, email it, or if you're feeling particularly brave, recite it to your partner, perhaps just before bed.

 **IDEA #8**

Go for a walk together after dinner, holding hands and reminisce about some of the good times you've had.

 **IDEA #9**

Agree to meet at a social event or public place (bar, club, museum, art gallery, park) and act as if you are meeting each other for the first time---flirt, make 'eyes' at each other or other gestures from across the room, and begin to seduce your partner, as if for the first time.

This might be your initiation into “Role Play” which is a fun and creative way to enhance the passion in your relationship. You will discover different parts of yourself and each other and create a “newness” in your relationship, which may spark you to new heights.

If this is fun and exciting for you, consider expanding into different role-play scenarios such as: doctor/patient, teacher/student, boss/employee, housewife/plumber, princess/knight, or police officer/suspect. You can even wear appropriate costumes for these activities if you choose to make them even more fun. Be sure you have a “code word” to stop the role-play in the case that it becomes uncomfortable.

 **IDEA #10**

When you have to go out of town on business, add an extra day and invite your spouse to join you for all or part of your trip.

IDEA #11

Go to a car dealership and test-drive a convertible with the top down and pretend you are seeing each other although it has been 'forbidden' by your parents.

IDEA #12

Call your spouse/partner just to tell them one thing you appreciate about them. Feel free to make it a daily habit!

IDEA #13

Do what you would do for an anniversary on a regular day-- just because!

IDEA #14

Share an erotic fantasy with your partner. Really paint the picture: the visuals as well as the sounds, the smells, the touches, the oohs and aahs. When you're done, you might find that they are willing to act it out with you!

 **IDEA #15**

Send flowers to your beloved at their office. In addition to their surprise and excitement, their certain to be envious co-workers will also know how much you care! It's another type of PDA (public display of affection).

 **IDEA #16**

When you're at a social event, party or someplace where you can't speak privately, trace "I Love You" or other intimate feelings with your finger on your partner's hand, arm, or back.

 **IDEA #17**

Take your partner to a children's playground and take turns pushing them as high as you can on the swing!

 **IDEA #18**

Put a favorite romantic song on your stereo or boom box and sing or lip sync with it for your partner after dinner one night.

 **IDEA #19**

Send your partner a postcard when you are out of town saying you were thinking of them and love them. It doesn't matter if you get home before the postcard does!

 **IDEA #20**

Get one of the newsstand magazine issues with the “Sexiest Man Alive” or “Sexiest Woman Alive” cover and take a photo of your partner to a copy store like Kinko’s and have them scan the photo and magazine cover and superimpose your partner on the cover. Frame it and give it to them as a special present “Just Because.”

If you’re more technically skilled, there is a great, free website (link below) where you can upload a picture of your partner and choose from dozens of magazine cover styles to use for this present. When you’re done, you may print the completed cover on your own printer and then frame it.

<http://www.fakemagazinecover.com/>

If the link above doesn’t function, please cut and paste the following URL into your web browser:

<http://www.fakemagazinecover.com/>

IDEA #21

Write "I Love You" in rose petals on the bed, desk, car, or anywhere else that will surprise and delight your partner!

IDEA #22

Surprise your partner with a limousine ride for the night. Dress up or dress down. It might remind you of your prom night! Or it could be the prom night you wish had been. Stock the limo with your favorite beverages and bring special glasses. Have the driver raise the "privacy" panel and feel free to make out like high schoolers. Or maybe be daring and do a little more!

IDEA #23

Have a night at home WITHOUT the television! Put a sticky note on the remote control(s) saying "Turn ME on instead!"

IDEA #24

Plan a surprise local getaway weekend for just the two of you--arranging for baby-sitters, dog sitters, etc. Take your partner someplace you think he or she will love in your own hometown!

IDEA #25

Make sure your partner can sleep in one weekend morning. Take care of the telephone, the kids, the dogs/cats, etc.

IDEA #26

Prepare breakfast in bed for your partner, "Just Because." Consider getting heart-shaped pancakes or waffles or their favorite breakfast to go with a single flower in a bud vase on the breakfast tray.

 **IDEA #27**

Next time you kiss, pause, and look into your partner's eyes remembering what it was like when you first met. Touch his/her face. Trace his/her lips with your finger. Slowly bring your lips to theirs--first gently kissing their upper lip, then lower lip. Embrace your partner and gently kiss them fully, letting your lips part, and enjoy every second of it. After the kissing is finished, just hold each other a few moments longer.

 **IDEA #28**

With lipstick, shaving cream, crayon, or erasable marker, leave a "Love Note" on the bathroom mirror waiting for your partner to discover it.

 **IDEA #29**

Make "Love Coupon" certificates on your computer good to redeem one back rub or one foot massage or one intimate act of your choice. A variation on this is something like using your actual checkbook to write a check for "One Thousand Kisses."

You may download some free Love Coupon Samples that you may use or modify, when you subscribe to my Passion Doctor newsletter at:

www.thepassiondoctor.com/free-resources.

If the link above doesn't function, please cut and paste the following URL into your web browser:

www.thepassiondoctor.com/free-resources

IDEA #30

Leave a "Thank you" note somewhere in the house, for something you truly appreciate about your partner.

IDEA #31

Leave a flower on the pillow before your partner goes to bed--even if it is one you pick from your own yard.

IDEA #32

Send a sexy text message to your partner while they are at work. Perhaps something like: "I can't wait until you get home tonight. As soon as you open that door I want to . . . And then I'm going to . . ." Let your imagination run wild!

 **IDEA #33**

Plan a 'secret rendezvous' in your own town or in the city where your partner is on business. Pay attention to the details to make it extra special.

 **IDEA #34**

Mail some sexy, new lingerie to your beloved at work! Or a pair of silk boxers if that's more appropriate. Make sure to wrap it carefully and to label it "Personal & Confidential: to be opened ONLY when you are alone." Include a card with something like, "I can't wait to see and feel you in this TONIGHT!"

 **IDEA #35**

Take the afternoon off and just go someplace fun with your partner: a movie, a bookstore, a botanical garden, a museum, the zoo.

 **IDEA #36**

Make weekend plans at a special out of town getaway, perhaps the one you went to on your first weekend away together. Surprise your partner, letting them know to meet you at home on Friday night with a bag packed for the weekend. Don't let them know where you're going until you get there. In fact, you might want to blindfold them for the last fifteen minutes of the drive or cab ride to keep it even more suspenseful. Feel free to use the blindfold later in even more creative ways if you'd like!

 **IDEA #37**

Go skinny-dipping in a pool or a hot tub or at the beach. Make sure it's legal and you don't get in trouble (or get in the RIGHT kind of trouble)!

 **IDEA #38**

Take a shower together! Bring a loofah sponge and some fragrant body scrub or oil to enrich the experience. You'll also be helping the environment by saving on water!

 **IDEA #39**

Go to a restaurant that serves some kind of “finger food”, perhaps sushi, dim sum or tapas and feed your partner. Don’t worry about being too neat, have fun! Perhaps they will lick your fingers clean as you feed them!

 **IDEA #40**

When you know your partner will arrive at home before you, leave a note on the door saying "I tried leaving kisses on the door, but most of them fell off" and leave Hershey kisses on the floor.

 **IDEA #41**

Sit and talk about fun and romantic times in your relationship-- when you were dating, first married, etc. Enjoy the memories and think about how to bring some of that into the present!

 **IDEA #42**

Tell your partner before you go to bed, or before you leave in the morning, one of the things you love most about him/her (quality, physical characteristic, behavior).

 **IDEA #43**

One evening after a romantic dinner, undress your partner as if it were for the first time--slowly, sensually, caressing their body lovingly as you go.

 **IDEA #44**

Name a Star after your partner. Present them with the gift-wrapped certificate and a card saying something suitably corny and heart-felt like: "You are my North Star, without you, I'm lost" or "You're my heavenly body!" Check out the Star Registry for more information on this fabulous idea at the link below:

[www.passion101.com/Site/Name A Star.html](http://www.passion101.com/Site/Name_A_Star.html)

If the link above doesn't function, please cut and paste the following URL into your web browser:

http://www.passion101.com/Site/Name_A_Star.html

 **IDEA #45**

Walk hand in hand under the moonlight on a clear night. Bring a blanket and some wine or hot chocolate and stare at the stars together.

IDEA #46

Create a “Memory Box” full of special photos and perhaps some concert ticket stubs or some show programs, restaurant matches, and other special remembrances of special times.

IDEA #47

One night, sleep naked together without sex. Just hold your partner or snuggle next to them so your bodies touch.

IDEA #48

Make a list of “10 Romantic Things” to say to your partner and say them from time to time throughout the week.

IDEA #49

Compliment your lover when you are in the company of friends. Nothing says “I Love You” like having other people hear you share good things about your partner. They will truly believe you then and feel really good about themselves.

IDEA #50

Surprise your partner from behind and whisper in their ear, "I Love You."

IDEA #51

Blindfold your partner. Feed them different sensual foods to stimulate their palette. Try grapes, melons, peppermints, strawberries, chocolates, ice cream or anything else you or they might delight in. Include some crunchy foods like popcorn, chips or nuts to vary the textures and alternate between sweet and salty. Perhaps rub the food first on their lips, tease their tongue with it and finally let it into their mouth. Make it an experience to remember! Who knows what might develop from there?

IDEA #52

Leave your favorite romantic song on your partner's voice mail or answering machine. Perhaps it's "your song" from when you first dated.

 **IDEA #53**

Pick up flowers or a favorite take-out dinner on the way home and surprise your partner (If dinner, you might want to call and check things out first!).

For a great alternative to flowers, you might want to send a “Candy Bouquet” to your beloved. A chocolate arrangement or a dozen “long-stemmed” Tootsie Pops are novel ways to create passion.

 **IDEA #54**

Purchase tickets to your partner’s favorite musical performance. Put them in a romantic card and leave it where they will find it, a week before the concert. Inside the card you can write “We can make our own music after the show.” Or do the same for a favorite sporting event.

 **IDEA #55**

Write a note expressing loving thoughts and put it where your partner will find it during the day.

 **IDEA #56**

Try a new way to make your love-making more sensual and prolonged. Use candles, incense, longer foreplay, times of just kissing and holding, caressing, exploring each other's bodies by touch, etc. The scientists and researchers agree that longer foreplay leads to more intense and passionate lovemaking.

 **IDEA #57**

Create a romantic dinner either dining out or staying at home. If going out, alert the maître d' ahead of time that this is a special event and that you wish to have a special booth, perhaps a special dessert, have the staff surprise your beloved with a special gift from you, etc. Be creative and plan ahead!

 **IDEA #58**

For the *piece de resistance* of a romantic dinner at home, hire a pianist or violinist to serenade the two of you. Choose the selections ahead of time, to reflect the ambience you would like to create: classical, blues, jazz, etc. This doesn't have to be expensive. Call the music department at a local community college, check the "musicians for hire" boards at a local music store or post an ad in Craig's List (www.craigslist.org, the ultimate in Internet classified advertisements).

IDEA #59

Call your partner unexpectedly during the day (or at night if they are out of town) and talk sexy to him/her, telling them how much you long to be with them, feel them, hold them, etc.

IDEA #60

Have an indoor picnic. Put a blanket on floor and eat all the yummy things your partner loves.

IDEA #61

Go to a movie theater that will probably be pretty empty (slow time of day, movie that's been out a long time, poorly reviewed movie) take seats in the balcony or the back row, in a corner, and make out during the entire movie!

 **IDEA #62**

Pick a quiet evening at home to play this game, perhaps in bed! One person starts with the letter "A" and has to kiss a body part on the other person beginning with that letter. The other person starts with "B" and so on and so on. If the person can't think of what to kiss with a letter the "penalty" is that they must do what the other person asks them to.

 **IDEA #63**

Handwrite a love letter and leave it under the pillow for your beloved to find. Use special stationery and spray it with your favorite perfume or cologne!

 **IDEA #64**

A really unique idea is to create your own "private label" wine. Wouldn't your partner cherish the thought behind a personalized bottle of wine? You can mark a special occasion or anniversary, such as "John and Mary, May 6, 2001". Or, you can place a special, loving message on the label such as "To Mary, Who Taught Me To Love!"

IDEA #65

When you are certain it is your partner calling you on the telephone, answer immediately with “I Love You!”

IDEA #66

Play a favorite board game together, but make it a “strip” version. For example, let’s say you’re playing checkers or chess or backgammon: each time you lose a piece, you must take off an article of clothing. It will be fun before long!

IDEA #67

Send a fax or email to your partner at work saying that you love them and can't wait to be with him/her again.

IDEA #68

Make a list of your top ten turn ons for your partner and have them do the same. Then swap lists and take turns acting some of them out.

 **IDEA #69**

Have a “Body Painting” night with your partner. Body painting is where you and your partner are naked and you create a “masterpiece” on their body using various items as paint. It involves a great deal of sensual touch on your partner’s body. How erotic you choose to make the touch is entirely up to you.

Tips:

Use old sheets or purchase inexpensive ones to place on your bed, the floor, maybe an air mattress. Finger-paint onto your partner’s body, using a sensual touch as you create your work of art. You might use adult body paints (make sure they are hypoallergenic and “safe”) or even different foods (strawberries, blueberries, jellies and preserves, chocolate syrup, caramel syrup, maple syrup, whatever you might fancy). Apply with your fingers (finger-painting) or some soft paintbrushes or makeup sponges. For an added sensual treat, you might blindfold your partner until after you’ve completed your work of art!

 **IDEA #70**

Plan a trip to a foreign country, but do it in your own home! Do Internet (or library or travel agency) research on a far-off romantic land you’d like to visit one day. Buy the food from that place, play music from that country, decorate your home in that style and make it an extraordinary night. And one day, you might actually go there together!

 **IDEA #71**

Get some of those glow-in-the dark, self-adhesive stars you might have seen in a child's room and put them above your bed. Spell out something romantic or sexy like "I Love You" or "I Want You Now!"

 **IDEA #72**

Give your partner a massage on one part of their body, "Just Because." Perhaps it's a shoulder rub while they're sitting at the computer or watching television. Or maybe you can massage their hands or their feet sensually! Just take five or ten minutes to make them feel special.

 **IDEA #73**

Write a love letter as if you were just falling in love with your partner. Go back to that time mentally and feel what you felt then. Perhaps bring out some photographs from when you first began to date. Recapture that mood and then write that letter with passion!

 **IDEA #74**

Order a bouquet of balloons and arrange to surprise your partner with them. You could have them waiting one evening in the bedroom after dinner (and a suitable digestion period). Or perhaps you could hide them in a closet, then get up early in the morning to have them waiting for your partner to see when they wake up. Include a sign or a note in big letters, perhaps saying “I love waking up to you!” or “Every day with you brings loving surprises!”

 **IDEA #75**

Each time you pass by your partner at home, touch them, hug them, caress them.

 **IDEA #76**

Hold your partner in bed (dressed or undressed) without sex until one of you falls asleep.

 **IDEA #77**

Call your partner unexpectedly in the middle of the day, just to say you love him/her and were thinking of him/her.

 **IDEA #78**

Whisper something sexy and “naughty” into your partner’s ear at a party or perhaps a family gathering. Perhaps you’ll get a chance to act upon what you whispered later!

 **IDEA #79**

You will be writing Twelve Love Notes for your partner, each in its own envelope. Plan this for a day that they are out of town or when you won’t be seeing them (perhaps you’ll be out of town). Label each envelope for a different time of day to be opened, from first thing in the morning (7am, 8am?) to last thing at night (11pm, midnight?).

Write the notes in increasing order of romance and intimacy, from “Good morning, I miss you!” to “Good night, I wish you were here because if you were, I would . . . “ Make the notes as simple or elaborate as you’d like. Feel free to enclose small photos or gifts in some if that makes sense. Use regular paper and envelopes, your special stationery or even a different greeting card for each, depending upon your desire and budget. This idea is sure to get a positive result!

Plan this for Twelve love messages, one an hour through the day, morning to night: 11am – 10pm or adjust for your partner’s bedtime schedule.

 **IDEA #80**

Laugh together! Nothing will raise your passions and help you connect like laughing together. Go to a comedy club in your town on a night when your favorite performer is playing. Or rent some movies that you know will have you so full of mirth that you'll be gasping for air and wiping the tears out of your eyes. Whether it's old time slapstick, the latest of British humor, or a "blue" comedian, or someone more family oriented, find what will tickle your funny bones and bring you together in joy!

 **IDEA #81**

Read the Sunday paper in bed together. Prepare a thermos or carafe of your favorite coffee/tea/juice/beverage, set up the pillows to be comfortable, turn off the telephone ringer, play some relaxing music and just enjoy being together. Once you're done reading the paper, perhaps one thing will lead to another!

 **IDEA #82**

Treat your partner to a day of complete and total pampering. Attend to all of their whims. Their wish is your command!

 **IDEA #83**

Dancing is passionate, seductive and sexy as you find your rhythm together. Arrange a night of dancing, perhaps preceded by a dance lesson in a sexy style you'd like to master, such as salsa. Many clubs offer complimentary lessons at the beginning of the night. If you really find your groove, you might sign up for a dance course and really go wild! Many adult education programs offer affordable lessons if finances are a consideration.

 **IDEA #84**

Brush their hair or bathe them, clean them, groom them. It's an incredible feeling to have someone wash your hair lovingly. Maybe do their nails or moisturize their body with a special oil or cream. For an extra special treat, before you dry them, put the towels in the dryer so they will be warm and fluffy.

 **IDEA #85**

Find a way to be romantic and passionate during your "busy season" at work. Anyone can be romantic when they have the time. It takes true passion and desire to sustain this when you're having a hectic week or month.

 **IDEA #86**

Face each other in a quiet, candle-lit room, sitting down on a sofa or the bed or pillows on the floor. Put their right hand on your chest over your heart and hold it with your left hand. Put your right hand over their heart and put their left hand on top of yours. Look at each other with a softened gaze, breathe deeply, smile, and feel your love. Add to the mood with romantic music.

 **IDEA #87**

Engage in some PDAs (Public Displays of Affection) with your lover. Hold hands while you walk down the street. Put your arms around each other's shoulders. Give your lover a passionate kiss in the middle of the street or while the car is stopped at a traffic light or while dining at a restaurant.

 **IDEA #88**

Have a "Dessert Night" where you and your partner share in creating and consuming some luscious, sensual dessert. Perhaps you can make a favorite ice cream sundae or a banana split! Use your favorite flavors and sauces, and of course whipped cream. Make sure you have two spoons and you can take turns feeding each other. Don't worry if it gets messy, you can always have fun cleaning each other up as well!

 **IDEA #89**

One night when your lover is coming home late, prepare your home as follows: create a path of rose petals and lighted candles (small “tea lights” or “votives”) from the inside your front door through the home leading all the way into the bedroom! Be in bed waiting under the covers for your partner to unwrap you, “their “present.” Have appropriate mood music playing as well.

 **IDEA #90**

This will work if you happen to be wearing a dress or skirt and you are out at a restaurant or party or other function with your partner. Go to the restroom, remove your panties and then discreetly place them into your lover’s hands! Their expression will be priceless and so might be the rest of your night.

 **IDEA #91**

Wake up to the day as if it was 'the first time' you were alone with your spouse. Greet him/her enthusiastically. Sit and just look lovingly at them for a few moments. Get to know them as if for the first time. Ask about them and their day and just listen and try to let them know you understand (even if you disagree)--no problem solving unless asked for!

 **IDEA #92**

This is my personal favorite. It requires a ceiling fan, preferably above your bed. Take rose petals and cover the ceiling fan blades (from above) with them. At an appropriately romantic moment with your beloved, activate the ceiling fan with your remote control. The result will be that the two of you will be showered with rose petals. It doesn't get more romantic than that!

 **IDEA #93**

Register for a local class together in some common interest you've been meaning to explore but "just never got around to it." It might be an art class, a music appreciation class, a cooking class, a wine-tasting class, a writing class, or a motorcycle riding class. Let it be something that stimulates creativity and therefore PASSION in you both!

 **IDEA #94**

Paint a heart or something else on your partner's body with chocolate syrup and whipped cream, and lick it off slowly, making whatever loving noises you love to make.

 **IDEA #95**

Create a video-message for your beloved, perhaps five to ten minutes long at most. Use a video camera or a webcam. If you're technically savvy, you may burn it to DVD. Wear clothing that they love, and groom yourself in a way that they find to be extra attractive.

Think about what you want to say to them, what you would have them know about you and how you feel about them. You might prepare an outline of points you wish to cover. You might want to include a favorite quotation about love or perhaps a meaningful poem. Ultimately though, it will be best as a message from the heart, full of love, romance, sensuality, and admiration. It is something they will probably play over and over again.

 **IDEA #96**

Play "The Seduction Game." You and your partner will sit in chairs opposite of each other, about three feet apart. Your goal is to seduce your partner without touching them. You may use facial expressions, hand gestures, make seductive statements in your sexiest voice, reveal parts of your anatomy, whatever comes to mind. The first one that can no longer resist their beloved's charms and moves to kiss them is the "loser."

 **IDEA #97**

Expand your love-making repertoire by considering the purchase of sensual “props”, adult movies and other erotic enhancements. Share them with your partner and share the fantasies that might go along with them as well. Open up to a new level of passion!

 **IDEA #98**

Create an erotic, romantic fairy tale together in the following way. You will make this an oral story (pun intended?) and take turns creating it one line at a time. You will end your line and your beloved will add on from your line, etc.

Begin with something like: “Once upon a time, there was a beautiful princess (or a handsome prince) who was preparing to take over the Kingdom, but had still not met the love of their life.” “And then, . . .” Complete the story with all of your heart and soul, and of course, it must finish with the obligatory, “And they lived happily ever after. The end.”

Feel free to record the story for later retellings and perhaps even an opportunity to act it out!

 **IDEA #99**

Practice “all-day foreplay” to heat up your love life. Begin in the morning, perhaps as your beloved is leaving the house. Tell them how much you love them and lust after them and that you can’t wait until nighttime to tear their clothes off and ravage them! Leave an erotic note in their purse, briefcase or laptop, to find when they’re at work. Then call them up at lunch and remind them that you’re looking forward to tonight. Then in the later afternoon, text them something “dirty” you’d like to do to them. Follow up with another phone call. Finally, have an erotic message waiting for them at home when they check the voicemail. When the time finally comes they (and you) will be more than ready for PASSION!

 **IDEA #100**

In this era of digital cameras, cell phones and printers, it is pretty convenient to take special “For Your Eyes Only” pictures of yourself for your partner. So – take some special “For Your Eyes Only” pictures of yourself for your partner! It’s up to you to decide what level of eroticism you’d like them to represent: from PG-13, to R-rated, to full on NC-17! If you’re really shy (or planning a career in politics or have a television show with Disney), you can always obscure your face. It’s up to you where the photos will fall on the “naughty to nice” scale. But have fun and be prepared to have your lover view you in an entirely different light!

IDEA #101

For an entirely different twist on Passionate Idea #100, schedule a romantic photo session for your partner to take pictures of you! Pick the appropriate “studio” for your photo shoot. Perhaps setup “the boudoir” with your favorite linens and “props”. Some wine or champagne to relax the model and/or the photographer? And lay out some sexy clothing for the photographer to dress their model in: flattering lingerie or for the gentlemen, will it be boxers or briefs? Have fun!

Conclusion

And there you have it, **101 Ways To Bring Back The Passion**. It's been a tremendous amount of fun and a lot of hard work putting together this book for you. I've drawn on my personal experience as well as my professional experience in creating it. And to be honest, there are a number of ideas on the list that I can't wait to try out for myself!

And, these are all just suggestions. They run the gamut from fairly tame to pretty wild and "out of the box." If you find just a few that feel comfortable to you and you're willing to do them, that will be fantastic! And if there are a few ideas that intrigue you, that will perhaps be a stretch for you to implement, even better!

You and your beloved will grow to the degree that you're willing to move past your comfort zone. Remember, even that first kiss had some awkwardness to it. Just have fun with it!

I wish you the best in your efforts to create more passion in your life. If there is anything I might do to support you further, please don't hesitate to contact me directly. My website will always have my most current contact information:

www.thepassiondoctor.com

And please, write me with feedback on how you are doing with the ideas! Which ones are your favorites? Which surprised you? And please share with me any ideas that you may have about increasing the passion in your relationships. At some point I'm sure that I shall be writing a sequel, **101 MORE Ways to Bring Back The Passion!**

And if you haven't subscribed to my free, monthly, Passion 101 Newsletter, I invite you to do so through my website. Each month I will be providing you with my ideas, suggestions and thoughts to improve your relationship.

In conclusion, I wish you and your loved ones the best. Thank you so much for allowing me to be of some small service in your lives.

Dr. Adam Sheck

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