

Welcome to the working mom's only success club, monthly interview, hosted by CEO and founder, MaryEllen Tribby. Working Moms Only; where passion, empowerment and success meet.

ME: Well hello and welcome everyone to this month's Working Mom's Only success club tele-seminar. With us is our very special guest; Gina Parris and our title for today's call is; "Seizing your profit's while sizzling up your marriage, and or relationship." So for those of you who don't know Gina, let me just give you a brief bio of her accomplishment. So, performance coach and romance builder Gina Parris is a champion for the sexy marriage. She has spent a lifetime encouraging audiences and clients around the world to reach their full potential joyfully. In 1990, Gina got married and soon realized that being a leader in human potential did not guarantee success in the bedroom. After having four children, post-partum depression and lots of bedrooms frustrations, Gina found the tools to transform her marriage from the inside out. The more she worked with people, the more she realized that thousands of couples are suffering needlessly when they could enjoy a love life that hot and happy. Gina's humorous and compassionate style has endeared her to thousands of people around the world. Gina's unique methods draw from her background in the full time ministry and sports performance. The results in victory are our most intimate gain. Gina is also the co-host of the very popular, sexy marriage radio.com. So if you've ever wondered how to build your business, take care of your kids, and enjoy a sizzling marriage; this call is for you. Sometimes in our business, our most intimate relationship suffers and we don't realize the tool it's taking on our health, our wealth, and our happiness; so working moms listen up, and welcome Gina Parris.

GP: Yay! Thank you.

ME: How are you today?

GP: Oh, terrific, it's a great day, spring time here, so love is in the air right?

ME: I love it! And again, I can't thank you enough for taking the time to speak with our mom's today, because I think the topic we're talking about today is one so needed but it is so underserved. That I know that we could all say that we've got a really nice marriage, but at the end of the day these are things that a lot of people just don't want to talk about. I mean they want to but they are afraid to. So, thank you for taking on this very brave topic today.

GP: You bet.

ME: So before we really get in to it, I would love it if you could tell us a bit about why you decided to focus on this particular topic?

GP: Right, I've loved peak performance in general and I've always said that it built to lend coaching, which all is there under Ginaparis.com; that is all about winning from the inside out. And so we find that people, in some of my clients, professional athletes, different people would reach these pinnacles of success and their most intimate gain, like we said; their marriage, their sex life would crumble and it was devastating to me, especially when I realized that my marriage and my family life is the one thing that I talked about the least for several years and it was the thing that I celebrated the most. Even though I had, like you mentioned in the bio, I had several years where the sex-life-part of my great marriage really struggled and I'd always say we got this great marriage, this great marriage, and my husband was thinking; "Ah, this is so frustrating." You know when I was really able to really master my own mind and body connection, to feel great sexually on demand, to be responsive and enjoy the whole erotic energy between us; it transformed not only our marriage, but also our income. So, I think it's something that nobody talks about how to build that really from the inside out, including the most intimate relationship in our life.

ME: Well, let's keep going with that because, you know you relate better intimacy with more cash flow and so can you kind of go in a little deeper about how those two things correlate?

GP: Well isn't that funny, as the working mom, that's probably what would be most intriguing to me is like "Really, I can increase my income by having more sex, now my ears are perking up."

ME: Right, and that's why everybody on this call is dying to know because basically I mean gosh Gina, you have four kids, I have three kids, we have careers, we have husbands, we have charities, we have school work that we do with the kids, you know, we have our church, we have all these things, so give us that, if people can take that away on this call, they've got their money's worth.

GP: Yes, that's so fun though, "Okay I'll get naked." So, the funny thing isn't that sad like "Okay, oh, now I'll get naked, it's not really just one more chore, ha-ha." Shaking my bottom is good for my bottom line. There was this huge study done in combination with Dartmouth University and a University in England and so they polled 16,000 random adults about happiness and sex and money. And it was so remarkable how people pointed to their sex life more than anything else as to what made them truly happy. Even

more than money, and so then they realized the happiest couples, we're also monogamous, and so that was sort of surprising and then they realized that when couples increased their sexual activity from say once a week; which was common or once a month, from once to twice a month was the most common number of those people engaged in sex. So if they would increase that from say once a month to once a week, that it equaled the happiness level of getting a \$50,000 dollar raise and so often so many of us as women we are always trying to get to the next level, you know, close the next deal, book more business, and \$50,000 more dollars to most of us would make us feel, quite a bit more comfortable or wealthier and so I like to remind people that not only physically, which we'll get to down the call's some more. As we talk about what Napoleon Hill had to say and just some different stuff, but just emotionally right off the bat, a great sex life makes you feel richer and when we feel richer, what happens to our finances?

ME: hey, it's exponentially better, right?

GP: Yea!

ME: I mean if you think about it, how you feel when you're done, I mean you feel so great and when you carry that over, your confidence level, your energy level, I mean everything is just better, right?

GP: Yes, absolutely, when we know that we are powerful in our intimate place, to give and receive the most intimate pleasure, we're richer in every way. And then even in the market place we attract more wealth. And in some ways it's even truer, possibly for our husbands, they derive such an identity from their sexual ability, their ability to please their woman and you know how much we desire them as well as their ability to provide. So in my case, you know when suddenly I was able to be this erotic wife and be responsive and sexy, my husband immediately doubled his income. And a lot of us working women were like you know, "How can I... and sometimes we're making more than him or whatever we look down our nose just a little bit or, you know, don't esteem them quit as much and some women, some households are just struggling right now and some women are thinking, how can I feel sexy or erotic when money is so tight?" Well if we'll kind of just loosen up and let that secret garden be this...this rich place of paradise, then we can absolutely see more money come in because it's just related.

ME: That's unbelievable, now, so you mentioned Napoleon Hill and I know you like to talk about his 10 steps towards riches. So tell us more about this and what it means for your sex life and for your income.

GP: Well it's such a classic on creating wealth; think and grow rich. And that is, for those who don't know, when Napoleon Hill was contrasted with steady 500 of the wealthiest men of his day, it took 20 years I think to interview them and assimilate their knowledge and their ways of thinking. So he distilled them all into these 10 steps towards riches that he said anyone can follow and create great wealth. And most of us, and I don't know if towards the end of the book it starts getting like "I'm overwhelmed or okay I've done enough," but his tenth step, I just love it. You know he wrote this is 1932 or 37 or something, but his tenth step is: The mystery of sex transmutation.

ME: Back then, back then!

GP: It begs the questions; "What?" So he is, he makes such a point that in studying all these men, and you know, it's a little bit sexist, because really back then it was men in all the money. But he'll freely say in this chapter that this goes both ways, and that men rarely achieve the heights of success before the age of 40 because they just dissipated all their sexual energy. And this is so interesting, and really I think it's a case for monogamy, when he says, when somebody really is inspired by their love for their mate, that it just unleashes this creative genius, and so he says that the emotions of love and sex and romance are sides of the eternal triangle of achievement building genius. He says really, in his opinion, nature creates genius, through no other means than this magical, he calls it that eternal triangle of love and romance and sex. And he says you know when we say that a woman can make or break her man and a huge part of it is how she handles that whole sexual part of the relationship. So for both of us, I like to encourage my women entrepreneurs to say, you know create some affirmations that say, you know my sexual energy flows freely and abundantly and it brings life to my marriage and brings creative solutions to my business. Because all that energy it just brings life and it brings meaning to what we are doing.

ME: I am so with you and I mean I can't agree more, and I know some of our listeners are saying "You know, I've got so much on my plate, by the time I get home, I am exhausted, I'm overwhelmed, I'm upset," and you know they are asking themselves, "How can I feel sexy after I've used every ounce of energy during the day and I've given it essentially to everyone else?"

GP: Right, well that is why it is so critical that we don't, that we don't spend all our time doing stuff that uses up our energy. We want to create a livelihood that energizes us; and that's part of why I love Working Moms Only so much, you're always giving us keys to flourish in the market place, even if it means "Man, I'm going to transition into an inbox-empire, or I'm going to build an online business," when I do that I'm going to be cautious to put boundaries around it, so I do bring my husband not my very least left-over energy. So in a lot of ways, this requires a mindset shift because I know if we're stopping at the store and getting groceries on the way home, we might be in the quick aisle and we see

all those magazines, you know Cosmo; "Five Moves Your husband Really Wants in Bed." And we see the chocolate bar and we're like, "Oh dang, just give me the chocolate."

Me: And it's instant gratification, right?

GP: Yes, don't make me work for it. So a big key to that, and I totally get it, and you know I'm not one of these sex bloggers. Sometimes I read other sex and marriage bloggers and think "Dang, I'm like the sex blogger for the rest of us that don't have these raging hormones, you know." Because we want to change the way we associate the way we think about sex from thinking it's another chore or something laborious, to just being a place where we get to relax and we get to give and receive pleasure and be energized and reduce stress and be healthy and fire our creativity. And so really a lot of it means pacing ourselves throughout the day and doing what we can to stoke our erotic flames, seeing ourselves as sexual.

ME: Yea, I'm just so happy we're having this conversation because I've always liked to preach and teach and have conversations with working moms about the fact that you have got to take care of yourself first. I think that there's that natural mindset out there that says "Oh, I give everything to everybody else and I'll take care of myself last." But I'm just the opposite where I take care of myself first that I have the energy and the desire to take care of everything else, and this is just part of this. This is something that you, you need to do for yourself and your husband and for your family. So what advice would you give to our working moms who want to improve their connection with their husbands without feeling like they have to give up their career, or their lives, or their girlfriends, or anything else?

GP: Right that is the first step is just that, to know that you're husband is not asking you to give that stuff up. So think that we can almost become this martyr like you said. If we're not putting our own needs first, and feeding our beauty and our strength and our awareness of what we bring to our household and the marketplace, if we don't feed that and we just drain ourselves. Then by the time we are with our lover we in self pity and martyrdom, so some of the steps are to really feed your appreciation for yourself, you know, feel great about yourself. I always say number two is to get in touch with your senses, we have to learn to let go to stress, because when we are buried in stress, it literally takes the hormones that should be turned into sex hormones, that testosterone and estrogen, all that great stuff, and stress just turns it into Cortisol, it's just crappy, it turns into stress hormones. And there goes our libido and here comes the belly fat. So we want to learn how to reduce our stress and be in touch with our sense and then we also want to learn how to feel positive towards our mate. You know what we tell ourselves is what we're going to get. So during the day, tell ourselves "I've got a great guy." Send him a text, "Just thinking about your strong fingers on my neck, or you know, just thinking about you and what

we might be able to do tonight." Or you know, just connecting but I totally fell into this, like feeling like we have to give up our career. When I first married my husband, even though we were, I was just out of college, I already had a big platform to speak from, and I had spoken all over the world. I had a big spot light, and then I married him and moved to a little village in Germany where nobody knew my name, you know, I felt like I lost my identity and I was so resentful and it was just crazy, you know he was my biggest cheerleader and my biggest fan and he was the first to say, "Well you know, just build here, you know, do whatever." So it's important for us realize that our husbands are so for us if we'll not see ourselves as a martyr.

ME: Yes, you know and Gina you are just nailing it on the head in every aspect here and what I also talk about is the fact that you're life, you decide if you are successful or unhappy. And it really starts with the choices that you make, and picking that mate who understand this from the start, is huge. But for some people and you know this happens a lot I'm sure, that fall into one day of just you know okay it's been a week since we haven't had sex and now it's a month and now it's six months and now it's a year! So what are some of those little things that people can do, or working moms can do, to kind of make that reconnection without them feeling embarrassed or "This just isn't me," kind of thing?

GP: Yea you know, couples so rarely talk about their sex life, so for one thing; open the dialog. You know plan stuff when it's not a stressful moment, when you can go for a walk together, and hold each other's hand and become more sexual and just talk about it, say you know "I'm sad that our sex life has gotten so infrequent and I feel that perhaps that I haven't made it a priority." Take ownership of whatever part you own, you know, and say how can I be the kind of lover that would light up your world and start having conversation and then you know, you might now flip that switch overnight, maybe you can have pretty good sex, and then a week later have okay sex and then get better and better as you get more in tune with yourself. But yea, to make it a priority and something that is fun and exciting and worth reigniting.

ME: Yea, you just said the word priority and the bottom line is that you know we schedule in times for our kids and for our employees and our colleagues and our friends that gosh we should be doing it with the most important person in our life. And you know a lot of times we think, "He'll understand, he'll understand because he is"... but it's just the same respect that you show everyone else.

GP: Ah, respect is such a big word, that's right. Well I hear so many husbands email me and say "You know if we have any sex, its mercy sex, which is so humiliating, it's worse than not having any at all." He so much wants to pleasure you and see you achieve orgasm and that stress relief and that ability to please you and you know others say that "She's made it clear that she'd just assume never do it again."

Well we would not want our husbands cheating on us, but in a way that's cheating our husbands because you know he expected sex when he got married so with zero, zero condemnation; look in the mirror and embrace your inner sex kitten, just look at it. Look at everything you have become, even if you are far from the chick he married, start where you are and make yourself a gift to your lover.

ME: Yea, that's wonderful. So what do you see as some of the big mistakes that women make in their lives that are keeping them from that relationship that they really do want to have with their partners?

GP: Yea and we do want to have that, that's good to emphasize as well, because sometimes we pursue these external things and a big study from southern Methodist University showed as well that when we strip away all the external stuff, everyone really does want all the same things, they want love and peace and happiness. And so much of that comes from the relationship that it's great to ask ourselves, am I making this a priority. Because like you said, we so often, just put the dude last, that dude that stood at the altar with us, or our whatever partner, that relationship we're in, we get so used to putting other stuff first, so that's a big one. And you know another one that is so sad, I see women that just become really critical of their men; you know criticizing them in public, which is just so mortifyingly embarrassing for everybody only the woman doing it doesn't see it you know. "Oh Hank is just so stupid, he never gets it, or correcting them when they tell us stories "That's not how it was." So you know when a man feels belittled, it's so humiliating that it's hard for him to just keep initiating and getting shot down so really the mistake is being hyper critical and kind of nagging so the power is really in bringing the best of ourselves to the best of our mate. You know we do that, if there's any coaches on the call, we do that with all our clients, we always hold a space for them to be their very best self; we want to do that for our husbands, see them as their very best self. So that is a huge, the problem is not making them a priority, not seeing him as kingly. "Yea, its cause you ain't met my husband, there ain't nothing royal about him." Well, there is somehow, if we'll just see the best in him.

ME: Gina, I say this, my husband is not 1 in a million; he's 1 in a hundred million. I've never met anyone like my husband and even having those feeling, I know for me, as I was into my forties, well into the forties and everything that you absolutely have some hormonal issues that spread, right? I kind of think that sometimes women feel like "Oh, this is the hand that I was dealt, I just don't have it any more because the hormones are depleted or whatever." For me, I mean, I made it a priority that I went and I saw somebody who worked with me on my hormones and my metabolism and all those kind of things because you...and that's the message for me, that I'd like to make sure people really understand that you don't have to play the hand that was dealt, that you have total control over making that better.

GP: Yeah, absolutely, I agree. My problem was whenever I get tested, they would say Gina, your hormone levels are normal; and I would think "Oh, there's something wrong with me."

ME: So for everybody right, I mean there are so many different things, so what are some of the common denominators that you see because you've talked to thousands of thousands of women, men, couples together. So, you know, what are those common denominators that you've seen in successful marriages that we can all learn from?

GP: Yea, you know this was surprising, you know, one of the gals on my team, actually interviewed a hundred couples specifically a hundred successful couples, she was telling everyone, everywhere she spoke she was telling people; "I'm writing about happy couples, I want to find couples that have been together for 10 years or more and both partners would say they are very happy." It was really cool to find out that again, monogamy is a big deal which is so funny because we live in this culture that acts like, those that are the least committed and having sex with strangers are the happiest, but that is just not true. So, the happiest couples also tended to share a faith in God, some spiritual aspect of a God that's greater than themselves, they weren't aren't all necessarily the same religion of course but they had a spiritual core value and so that helps immensely of course when you see your marriage as part of a plan that is bigger than just the two of you. And they were always quick to focus on what is best about their mate because they noticed that life is made up of little memories and so you can choose to focus on the good ones or the bad ones. And so typically the happiest couples, they tend to focus on what is best in their mate, and they tend to be great at forgiving. I think it was Ruth Bell Graham that said "A happy marriage is composed of two really good forgivers."

ME: That's awesome and you said another two words that I want to pick up on and run with here which are 'Core Values.' And I talk about core values in business all the time that if you don't have that in business, then you don't have a way to operate your business. And frankly Gina, we in my family, we have core families for the family, right? That people do respect, that they are compassionate, that they are kind and so I think that, you know deliberately putting those core values out there for family, but now...I want to go home and do this just as a husband and wife kind of thing, because I didn't really think of it there, I really thought more for the family. But I think that is a great take away for anybody on this call because when I coach people, I coach a lot of men and women in business and the first thing I say is; "Do you have a mission statement, do you have core values?" If you don't have these things, you don't know why you exist and how you operate and it's the same thing for a family and for a couple.

GP: Yea, and see this is what we want people to realized, all these peak performance keys that make us successful on the field and in the board room, we just haven't thought to apply them to the bedroom



and to our marriage, and it's so great. What we are saying is; "Listen, you guys you already know how to win at this."

ME: Right, because your core characteristics do not alter between your personal life and your professional life, right? So you're just not applying them.

GP: Exactly, my friend asked the questions of married couples "Are you soul mates or are you role mates?" Because if you're just falling in love with a guy on all the external stuff or your building a relationship with a guy on the external stuff those all change, like CD's in a CD player, all those different soundtracks, all that changes. But we fall in love with the guy who's really the hard drive, you know that unchanging part of our mate, that's what we fell in love with and so that is so true to bolster those values. The values we have of faith, family, of career, who we want to be, what we want to be known for, yea, that is so powerful.

ME: It really is. Okay, now what about our working moms and you know what I'm going to guess too Gina, our subscriber base, our community, what we are working with is actually made up of 30% men; so I am hoping there are a lot of men on this call too. You know a lot of people are probably saying; "Okay, I've been with this same person day in and day out" and a lot of people think it might be difficult to keep that flame alive and really stay attracted to their mate, so what do you say to that?

GP: Well part of that is very real, mother nature has this great way of flooding us hormones when we met that person, it's almost like Euphoric being together, I call that the love cocktail. All those different serotonin, all these different emotions that make you feel high, you don't even have to be doing anything, and you're just like "Oh I just want to be next to you." And that is so great, but then the brain stops releasing those and so then it is a matter of bonding and we achieve something that I think is deeper. And sex and orgasm is a the biggest releaser of the hormone oxytocin, which is the same thing released when we nurse our babies, it's the bonding hormone and so on one hand, the Euphoria is gone you know that sex symbol, that sexy guy suddenly leaves toenail clipping on the night stand and you're like "What, how did I never see this, like eww" And ladies, we are not necessarily a goddess, but we have that ability to bond so much deeper, so to realize that, that it's worth pursuing the connection, it's worth even mediocre sex when you have an orgasm at all, it releases so much oxytocin that is genuinely super powerful for the relationship. So if we can go into it thinking "Alright I'm going to take a shower, get in touch with my sexy self, know that it's going to bond us together and make me richer, I think I'm open to this."

ME: Right, and I would say too that I think that we get so worked up about things that are so insignificant because I know a couple who were married for a very long time and she used to complain about the toenail clipping and just those little things that were so irritating at the time and then you know her husband was killed in a car accident and then she said, you know what; "You know what I miss the most, those toenail clippings." So when you really think about, in the scheme of life, can we be a little more tolerate as well?

GP: Yes, and that's a good exercise to ask ourselves, sometimes we do that, we get so into that mode, when I was home just raising the four, all the four kids were so little, now the youngest ones are 13 and they are easy, super easy but I remember thinking, okay, if they were snatched from me somehow how much would I long for this moment right here. So yea, to feed, anything we can do to feed our gratitude feeds our sexiness.

ME: Now, you said your youngest are 13 and my oldest are 13 and my son is 11 and my youngest daughter is 7, so my 13 year old, and a lot of our moms have a lot of kids at home, and so when do we start that conversation about sex with our kids, I know it's a little bit off topic but I think it's really important because I know for me the kids used to bust us all the time because my husband and I would be kissing or hugging and they would be like "Eww!" But now that my oldest is 13 I'm like "Oh, man, it's time!"

GP: Well part of that is so beautiful is modeling a really healthy love life, just a healthy, you know this is how you treat a woman, this is how you treat a man, so they can see that, it's just a great gift and you know I, all of this research shows that the more exclusive sex can be, the more powerful it is which really fly's in the face of all these programs that are showing teenagers that are having sex all the time. To me, it kind of really bugs me, I kind of feel like the kids are being lied to, it's like who's gaining from all this, I don't know it kind of really bugs me, so I would just talk to the kids all along, you know as they are growing up but when they are little just start at the same time as you are teaching them everything else. "Those are your eyes, those are your blue eyes, blonde hair and teach them the names of their body parts, that's the penis, this is the vagina," and it's fine you can also tell them and we also call those your private parts, because they are meant to be private and then teach what's for mommies and daddies, the more we can just not let it be weird or dirty. So many from my background that share my Christian faith, they kind of go opposite extreme of that, do it with everybody, and they act like sex is dirty like "Don't do it, it's terrible, it's dirty, it's a sin, you're...." By the time people have been married two months they are like "Oh, I can't relax." So we always want to celebrate our sexuality whether we are sexually active or not so you know...

ME: That's key!

GP: Yea, to celebrate our sexuality without having to be sexually naked and taken advantage, it's just crazy, it's a weird world. And I think the best, the best compliment that I got was from my daughter, she's 17 and she's gorgeous and smart, yesterday she got letters from Columbia University, Princeton and Yale!

ME: Oh my gosh, so exciting!

GP: And she's a virgin, and she said "Momma, everyone on my volleyball team; she's the captain of the volleyball team too, she said momma everyone acts like it's so pitiful that I don't have a boyfriend, they feel so sorry for me and she said the thing is she said, I look at you and dad and I don't know any of my friends whose parents have a relationship anything like yours, so I refuse to settle. She said; "I'm not just going to date these guys that just want any old girlfriend." So you know, that has just been the beauty, to just be able to say you know what your friends, people out there in the world, they would give anything to have what we have in this household, so you know work on your relationship. I can hear a lot of the listeners they are like, almost hate that, like "Yeah, great what about us," you know, it's not this model relationship. So I say, it's never, ever too late to be what you could have been. If love was ever there, love is so eternal that you can totally re-stoke those flames!

ME: Yep, I think it goes so deep that sometimes people, and it's just like business, they don't think that they are worthy of the special business, they don't think they are worthy of a loving relationship and the bottom line is that everyone is. But it is work and it's making a conscience effort, like anything else that is great, you have to make a conscience effort.

GP: Yea, and the beauty is, this is what I tell people, if it's an effort towards being sexually responsive, like are you kidding me that's what makes my husband feel like a million bucks, is me having a great time with him? I can totally do that, it's not like in order to make him feel great I have to scrub the toilets with a tooth brush and, you know. It's like, man it makes him feel great when we share this passionate space together, I can sign up for that, I can be open to that so it's very powerful and it makes us healthier, wealthier, wiser.

ME: Yes, and it just gives us a better life.

GP: It definitely does.

ME: And Gina, we are just scratching the surface, so where can our listeners go to get more Gina, to find out more about you, your programs, you know just, I'm sure they are dying to know at this point, I know you said before Ginaparis.com, but where else.

GP: Yea, over at [Winningatromance.com](http://Winningatromance.com) because I had the whole build to win theme so I took it to specialize at [www.winningatromance.com](http://www.winningatromance.com) and that's where you can get the audio, the free report and stuff for five keys to really great sex tonight even if you're not in the mood. We also blog there, we have a radio show; [sexymarriage.com](http://sexymarriage.com) with me and Dr. Cory, that's a guy, we're not married to each other, so it's really funny, it's a fun show. I hope that you will especially come by to [winningatromance.com](http://winningatromance.com) you'll find out everything else there. And this has been so fun.

ME: This has been wonderful, and I want to make sure our listeners know that Gina's last name is Parris, okay. So [Ginaparris.com](http://Ginaparris.com) and [winningatromance.com](http://winningatromance.com) and I know this has been such a, not just a fun call to do, but just such an enlightening call to do and I am so excited to tell you guys that Gina will be in Working Moms Only more and more, and much more of an active part of our community and I'm so grateful to you for that and for doing this call today Gina, thank you so much.

GP: Absolutely, Maryellen and to all you working moms I'm telling you, I am so in your corner and I salute you and I high-five you and I just want you to know that I get it, I get all the ups and downs and just keep doing it and we'll believe in greater and greater increase and everything great for your lives.

ME: Alright, well Working Moms thank you so much and until the next talk, make it a great, productive use of all your time and energy, take care everyone. Bye, bye.