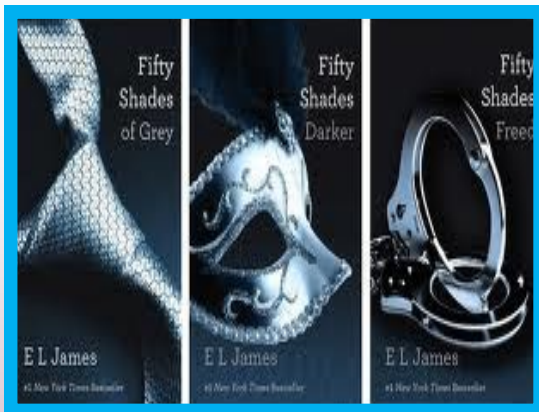




The Legendary Trilogy of '50 Shades of Grey'

Just like many women who have fallen a prey to this book which have made a slight change to the type of man she desires, I have also fallen in love with Christian Grey.



Most men have been wondering why this sudden spike in their love life, MEN you have just witness the power Christian Grey has on women.

Even though his ways are quite unorthodox and not of the norm, I can say with confidence that this book has opened our eyes to make us realize that there is a greater potential for ecstasy on a completely new level.

.....the power
Christian Grey
has on women.

What is this book all about? Simple , a naïve young girl who tamed a beast and took his heart but with lots of pleasure to gain.

I have asked a few readers about these books and believe when I say, Christian has left a lasting impression upon the minds and heart of his readers.

One reader describes the book as being so erotic and captured her attention from day one and she couldn't put the book down because of the passion it holds and feeling and desires that were not known to her.

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P.S. Guys: Just a friendly reminder—Your girlfriends have higher expectations now!!!!

So for all who haven't read it yet, you need to and I mean you guys too.

The Gift of Friendship

By Helen Steiner Rice

Friendship is a priceless gift
That can't be bought or sold,
But its value is far greater
Than a mountain made of gold.

For gold is cold and lifeless,
It cannot see nor hear,
And in your times of trouble,
It is powerless to cheer.



It has no ears to listen,
No heart to understand.
It cannot bring you comfort
Or reach out a helping hand.

So when you ask God for a gift,
Be thankful that he sends,
Not diamonds, pearls, or riches,
But the love of a real, true friend.

What 'I love you' means to me.

- ♦ selflessness
- ♦ friendship
- ♦ acceptance
- ♦ inner strength

I love you.... These three words have come to mean so much more than I thought possible. Maybe, it is because I have grown and matured, and my perspective on most, if not all things, have broadened and changed. I think that i, now, truly understand what it means to unconditionally love someone. To fully give yourself to someone, without holding back, knowing that nothing is guaranteed and promises can be broken. To me, it means risking all you have, taking chance after chance and telling yourself that even though things may change and inevitably will, it is worth it. That person is worth it.

I love you means Forgiveness. Being able to say that you are human and even though you may make mistakes that may hurt me, I am willing to forgive you; I am willing to look beyond all of that and love you for who you are. If those things never happened, chances are you would not be the person you are today and you would not be apart of my life, anyway. So, in essence be grateful that they happened. If you believe that the person is worth it then nothing else matters.

I love you means Self Worth - I love ME. Loving and accepting yourself; being comfortable in your own skin (you cant be in anyone else's skin) and realizing that you are a

truly amazing person and that your value cannot be lessened or diminished because of what other persons say about you. That only works when you buy into the negativity. So being positive about life, and trying to see the glass as half full are fundamental. There are days when you will feel down and that life is truly a hardship but what doesn't kill you.... So, live it, live through your struggles and learn from them. Channel your inner you and don't be afraid to live your life the way you choose fit because at the end of the day, what will matter are the choices that you make, regardless of what advice you get. And, ultimately, your mistakes, your successes, your failures, your joys are all you; apart of your growth, and self realization.

I think back to a poem I learnt in the forth grade - 'The Gift of Friendship' by Helen Steiner Rice. It is the most appropriate description I have come across for the term 'friendship' and is one that I will never forget. There is nothing that compares to the value of a true friend. A friend is one of the greatest gifts one can ever have. A blessing. So, to me, I love you means friendship. Being able to be that to someone else - a friend. Selflessly giving to another person and being unselfish.

It is not a perfect world, it is riddled with hatred, dishonesty, bitterness, strife, fear, angst and I could go on. But what would be the point? You and I already know this.

WHAT IS A GOOD SEXUAL EXPERIENCE?

When one speaks about sex it becomes extremely personal. It is almost impossible for one to be objective.

However appreciating that sex is a couple's activity (meaning usually between two persons) and not just an individual, the idea of understanding and compromising comes into play which allows the thought to be fathomed that it is not just about me but the other party as well.

This opens up the notion of seeing sex through some one else's eyes. Sex has different meanings and functions to different persons. So many in fact it would be impractical to list all. Persons who want to have sex and who have a great appreciation of it are the individuals at play here.

What is a good sexual experience?

Seems like a easy question thus a simple answer would be once I climax. That would become a very sad day in sex if all of us "sex people" who felt that way. A key part of a good sexual encounter is the time leading up to the activity itself. Missing someone, being physically attracted to someone and love are all key components that when combined creates a bomb. A good sexual experience has to leave a lasting memory.



I am sure if we think back (ladies), the memory that gets us all warm and tingly inside is not just soaking up the good sheets or screaming or violent shaking or the feeling of being hurt and pleased at the same time. It was the thought of sex and the tension it brings, the alone time together that is secured by doing everything possible to send everyone everywhere else than where you two are. The staring and the nervous giggles that commence. The kissing and firm strong grips from powerful hands gripping, gripping vital body parts.

Oh yes the nibbling on the ear, the blowing on the neck and the roaming of warm lips across the body leaving kisses at those pressure points. This all leads up to those gentle strokes where you grind on each other feeling how deep you can go and then thrusts, yes, yes the thrusts that gets us all rowdy and risks us all getting eviction notices. Climax in this sense is just a small cherry on that Angel Cake.

A sexual encounter covers an entire days work and not just "cumming" it means getting all and giving all. Let's see how the night goes and what memories we create tomorrow!



EXPRESSING YOURSELF THROUGH MUSIC!

Music has proven to be a popular medium used by many to express themselves and their thoughts.

Have you ever been lost for words, not knowing how to express how you are feeling to that special one, or wanting to bring across to a group of individuals a specific point?

Well I have and I am guessing many of you too.

Wanting to express some anger, sadness, joy, love, inspiration or even deliver a motivational piece and words are just not enough.

Music has been my savior many times and has brought to me the desired results I need.

Music essentially has always been about expressing a particular point or feeling. An a song like "Love by Musiq Soulchild" that speaks to meaning and usage of the word Love has helped me when debating a point on how the word has been abused by men and even women in today's society.

Overall, Music is Life and Life is about expressing yourself and how you feel and

Comments from Readers of this Article:

Chris-Ann said "It relates to every single thing i have been thru in life especially in relationships!"

Suzan lee said: "I have used music to say what I was feeling before. Sometimes there is so much to say and i just don't know how to say it i instead just play a song"

Shakerah said: "I think it is really uncanny how some artistes have a knack for writing and singing songs that grab you especially when you are in a certain mood."

OGraham said: "Music have kept me happy when i am down. I use music to keep me motivated especially when i am doing some boring chores."

ThianM said: "I just wanted to say I like this....."

Zelia said: "I like to borrow a line or two from songs and add it as my Facebook status at times."

Anna said: "Music is my soul. Can't live without it."

SWalker said: "Kudos to you Nicola for having such great taste in music!!!! Love by Musiq Soulchild is one of the best songs ever!!!! Musiq can fix my mood I'm in the different genres are so wide that I can just turn to one when I'm lonely, sad or feeling on top of the world! As the legend says....only music can heal the people!!!"

