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## Sex Before Work

Do you find that one essential line item – sex – getting squeezed out of your busy day? One of the biggest problems is relegating sex to day's end when we're tired, full from dinner, and all we really want to do is watch some news and catch some zzz's.

Nancy, a fitness business owner, married for 15 years, says she and her husband experienced this dilemma – until she decided to declare at least one morning each weekend just for leisurely lovemaking. Nancy says, "Starting the day with sex just makes me happy." And with good reason. Studies show sex increases the release of endorphins from the brain.

Don't care to wait until the weekend? Amy, who runs her own PR firm, and her hubby shower after coming home from work, meet up in the bedroom, and make love before dinner. Talk about working up an appetite! So hang a Do Not Disturb sign on the bedroom door and serve it up before breakfast or dinner.

**CANDIDA ROYALLE**

AUTHOR, *HOW TO TELL A NAKED MAN WHAT TO DO*  
(SIMON & SCHUSTER/FIRESIDE, 2004)