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Kosher Sex: A Recipe for Passion and Intimacy

By Shmuley Boteach



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In **Kosher Sex**, Rabbi Boteach pioneers a revolutionary approach to sex, marriage, and personal relationships, drawing on traditional Jewish wisdom. Using his experiences counseling individuals and couples, the author breaks down sexual taboos and openly, yet respectfully, discusses the meanings, emotions, and the hidden power of sex.

With his unique anecdotal style, Rabbi Boteach illustrates each and every point, using real couples who have discovered the joys of "kosher sex"--sex based on love, trust, and real intimacy. He profiles the two most common types of couples--best friends and passionate lovers--and suggests ways of synthesizing the best that each type has to offer.

Rabbi Boteach also has advice for singles on finding the right partner; for individuals either willing to take their long-term relationship to the next level or unsure about doing so; and for married couples who may be experiencing problems in their sex life. At a time when three out of every five marriages fail, **Kosher Sex** will have an astonishing and positive impact.

With a no-holds-barred conversational style and keen insight, Rabbi Boteach breaks all the taboos and pioneers a new approach to sex, marriage, and personal relationships. He not only brings traditional Jewish wisdom into the twentieth century but makes it relevant to everyone searching for a deeper, more meaningful, and more satisfying love life. -->



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Editorial Review

Amazon.com Review

Kosher Sex is based on the idea that sex is holy. Written by Shmuley Boteach, a Hasidic rabbi, the book occupies the interesting juncture between sex and religion. Using traditional Jewish thought, Boteach attempts to remove sexual taboos and explain the power and place of sex within a marriage. While Boteach uses the Talmud and the Old Testament as the basis for his approach, his treatise is by no means just for Jewish people. His ideas are universal as he attempts to show how married couples can keep the love in their relationships alive. Kosher sex--"passionate lovemaking that leads to intimacy"--is applicable to all, despite the Jewish terminology.

Peppering explanations with plenty of examples, *Kosher Sex* is immensely readable. It defines couples as one of two types: the best friends and the passionate lovers. Best friends frequently lack a spark in their relationship, while passionate lovers often have tumultuous marriages, without the intimacy of friendship. Boteach attempts to harmonize the two types into a successful relationship.

Some of Boteach's ideas may strike a liberal reader as overly conservative--his thoughts are directed at married couples, as he firmly believes sex has no place outside of this committed bond. Furthermore, his beliefs on such issues as the place of masturbation and pornography in marriage, whether or not sex should be used to settle arguments, and if the lights should be on or off while making love may make Dan Savage or Susie Bright fans cringe. His ideas for singles attempting to find the right partner seem somewhat outdated. Yet, for those who hold traditional views, this book may seem a daring and helpful foray into a topic that is not openly discussed. He makes interesting and valid arguments for all of his points, whether or not you agree with him. In a time when the divorce rate continues to soar, perhaps Rabbi Boteach isn't so off the mark. --*Jenny Brown*

From Publishers Weekly

Despite its title's implication, *Kosher Sex* is not a prudish book. Rather, this manifesto on using sex as a marital aid takes the view that sex is not to be suppressed in the name of piety but directed toward a more fulfilling, emotionally intimate relationship. A Hasidic rabbi who counsels religious and secular alike in matters of the bedroom, Boteach (*The Jewish Guide to Adultery*) draws less on mystical and Orthodox teachings and more on personal anecdotes to support his wholesome ideals. The sexual revolution, he argues, has demystified sex and numbed us to its power, with disastrous results. To avoid becoming a statistic, Boteach advises couples to seek kosher sex, not great sex. The difference? The latter "consists entirely of motions," while the former seeks to "elicit lasting emotions." Boteach also takes to task those who assert that a large number of partners prepares one for a long-term relationship, and argues for young marriages, before couples become fully formed adults. For all its quaintness, Boteach possesses the power to surprise as much as he does to preach. He cites Mae West, advocates experimenting with different positions and supports sex toys so long "as they cause us to be more focused on our spouse." Sure to set off firecrackers in traditional Jewish circles for his frankness (as he has already begun to do), Boteach has crafted a provocative, if reductive, book.

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From Library Journal

Boteach has written an engaging book rooted in Jewish practice but directed at a nondenominational audience. An American Orthodox rabbi associated with the Lubavitch group, he founded the L'Chaim Society at Oxford; his blatant showmanship and issue-oriented agenda drew so many members that the group

became the second largest student society in the Oxford Union. Boteach has a clever way with words and is adept at creating an explosive opening sentence. This is immediately followed by a well-written paragraph of astute advice. The emphasis here is on monogamous and caring marriages. This is not, however, a marriage manual or a religious tract but rather a thoughtful and intelligent discussion of sex, using traditional Jewish law and texts as a starting point. Nowhere does it become hortatory, except in urging partners to respect their marriage vows and each other as individuals. Highly recommended for public libraries.

-?Idelle Rudman, *Touro Coll. Lib., Brooklyn, NY*

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Users Review

From reader reviews:

Joy Hanson:

Book is to be different for every single grade. Book for children until finally adult are different content. As we know that book is very important normally. The book *Kosher Sex: A Recipe for Passion and Intimacy* has been making you to know about other understanding and of course you can take more information. It is extremely advantages for you. The reserve *Kosher Sex: A Recipe for Passion and Intimacy* is not only giving you much more new information but also to be your friend when you sense bored. You can spend your current spend time to read your book. Try to make relationship with the book *Kosher Sex: A Recipe for Passion and Intimacy*. You never feel lose out for everything in case you read some books.

John Dumas:

Precisely why? Because this *Kosher Sex: A Recipe for Passion and Intimacy* is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content within easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the book store hurriedly.

Donald Foster:

Beside that *Kosher Sex: A Recipe for Passion and Intimacy* in your phone, it could give you a way to get more close to the new knowledge or information. The information and the knowledge you might got here is fresh from oven so don't end up being worry if you feel like an old people live in narrow small town. It is good thing to have *Kosher Sex: A Recipe for Passion and Intimacy* because this book offers for your requirements readable information. Do you at times have book but you don't get what it's about. Oh come on, that will happen if you have this inside your hand. The Enjoyable arrangement here cannot be questionable, including treasuring beautiful island. Techniques you still want to miss the idea? Find this book as well as read it from at this point!

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