



Sex, divorce and money are the toughest topics people don't want to talk about. It's an emotional topic, that when combined, creates a mixture of both ecstasy, stress, anger, pleasure, pain, failure, guilt, shame, risk, lust, jealousy, and love.

Tiffany Yelverton is a sexual empowerment coach and founder of Entice Me and Sexy Survivors. A chief sexinista and a master of enticing others to experience soul changing growth by embracing pleasure and connecting to their core sexual confidence.

In this episode, Tiffany shares with us the many benefits we can get in loving ourselves through self-pleasure, getting to know our bodies better in a sexual health level, and be confident enough to ask for what we want. She teaches us that sex and intimacy are great to have as we age in life and that we don't have to settle for not being good enough for the pleasure of others.

Get a complimentary laser coaching session with Tiffany! You can book your session by clicking here – [Complimentary Laser Coaching Session](#).

In this episode, we discuss:

- How it feels when you decide to leave your comfort zone and love yourself
- The experience of pleasure every individual can have on a sexual health perspective
- A lot of times many of us have gone through the same things and it's just about opening up through conversation and learning how we could make those conversations comfortable and informative
- Remember that you're a sexual being and "Your pleasure is not tied to someone else."
- Advice and tips on how to better improve one's sexual life
- Don't take everything personally
- Products and services recommended for sexual boost
- Sex & Intimacy for the rest of your life
- Loving yourself

"An orgasm a day keeps the doctor away." – Mae West

RESOURCES:

[Prince Charming isn't Coming by Barbara Stanny](#)

[Entice Me website](#)

[Tiffany Yelverton](#)

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Visit the Women's Financial Wellness Center for a [full directory listing of experts](#).

Be sure to reach out if you would like to connect personally with the Women's Financial Wellness Center. You can visit [our website](#) or grab a [complimentary 30-minute consult](#).

Keywords:

divorce, conversations, women, financial, wellness, marriage, finances, sex, pleasure, money, self-love, self-pleasure, orgasm, love