

Your libido isn't the issue: Why moms of young kids don't want sex as often as they think they "should"



Guest: Leah Carey

www.LeahCarey.com / www.GoodGirlsTalkAboutSex.com

Short bio:

Leah Carey is a sex and intimacy coach and host of the podcast "Good Girls Talk About Sex." She works with women to move beyond laying-back-and-accepting-whatever-their-partner-does-to-them, into being equal co-creators of their sexual experience. She offers group coaching, individual coaching, and PJ Parties for Grown-Ups where she leads you through an evening of chatting about sex with your best girlfriends!

Links:

- Website – www.leahcarey.com
- Instagram – www.instagram.com/goodgirlstalk
- Facebook private group – www.facebook.com/groups/goodgirlstalk
- YouTube – www.youtube.com/goodgirlstalk

Interview Questions: (I always enjoy a free-flowing conversation, so feel free to adjust these for your comfort, use these as a jumping-off point, or ignore them entirely!)

1. So if it's not libido that's the issue, what is? (Alternately - Why is it so hard to recover our libido after giving birth?)
2. How do we handle conflict with a partner when they want more sex and our sex drive is still low?
3. What is skin hunger and how does it play into this dynamic?
4. How can we get our skin hunger/nurturing needs met without engaging in sex we don't want?
5. Sometimes sexual desires / erogenous zones change after giving birth. Is that a signal that there's something wrong?
6. What about women who have adopted or had a surrogate? If their body hasn't gone through the birth process, why do they also sometimes experience low sex drive?
7. How does post-birth body image play into this issue?
8. Will this low sex drive last forever? How do we get back our old mojo?
9. You don't have kids, Leah. Why do you feel so passionately about this issue?

Free download for your audience:

- 1) The three-minute game – Discover the kind of touch that lights you up, even when your sex drive is low - <https://www.leahcarey.com/threeminutegame>

Paid offering:

- 1) Want to dive deeper with your girlfriends? Schedule a PJ Party for Grown Ups!
www.leahcarey.com/pjparty

Longer bio, if desired:

Leah Carey is a sex and intimacy coach and host of the podcast “Good Girls Talk About Sex.” She works with women to move beyond laying-back-and-accepting-whatever-their-partner-does-to-them, into being equal co-creators of their sexual experience.

In her podcast, PJ Parties for Grown Ups, and one-on-one and group coaching, Leah’s focus is always on reflecting your true sexual nature back to you, without the judgment or shame that can get in the way of you seeing it for yourself. Her clients sink so deeply into their true sexuality that the old version of themselves that was scared to speak up for their own needs can feel like a mirage from another lifetime.

Find her at www.leahcarey.com or @GoodGirlsTalk on [Instagram](#), [Facebook](#), and [YouTube](#).

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Casual PJs

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