

# LOVE MAMA!

*Elsbeth Feeling*

## 101 TIPS

om een relaxte moeder te  
worden, te zijn & te blijven!



## LOVE MAMA!

Keeping your relationship afloat when you've just had a little one — quite a challenge. It's not surprising that most relationships enter crisis mode within two years after the birth of a child. That's why this book is now here: full of confidence boosters and motivation to see the fun in it again. After all, no love = no glory. And we can't have that.



## 5 tips van

# a brain expert

Hormones such as oxytocin, vasopressin, dopamine and testosterone have a positive influence on your love life. The brain expert has advice on how to make use of these them to maximum effect.



### MORE CUDDLING

Kissing, sex, touching and looking at each other boost the production of the 'cuddling hormones' oxytocin and vasopressin.

### GET IN THE MOOD

You stimulate production of the libido hormone testosterone by being sexually active. You get in the mood for sex by having sex.

A white rectangular sign with a black border. On the sign, the equation  $X + X = XXXX$  is written in a stylized font. The 'X's are green and yellow. A large teal circle with the number '2' is positioned to the left of the sign.

$X + X =$   
**XXXX**

### GO ON ADVENTURES

New experiences stimulate the 'in love' hormone dopamine. A weekend break, going to the theatre together or trying something new in bed can get you that flutter of first love back.



### TAKE CARE OF YOURSELF

Sports, relaxing, losing weight, sleeping well and being in the sun all boost the production of testosterone. Relax, Mama!



### EAT SPICY STUFF

The 'hotness maker' capsaicin in cayenne pepper, chili and sambal stimulates the production of oxytocin. So make sure to take him out for some Thai food.



# Contract

**WE HEREBY SOLEMNLY PLEDGE TO GIVE EACH OTHER AN AFFECTIONATE WARNING IF ONE OF US:**

- 1** is in danger of getting stuck in the role of parent and is about to forget the role of partner
- 2** is displaying a tendency of wearing 'fun' cartoon pyjamas in bed
- 3** has stopped trying to look nice for the other
- 4** is thinking about that sexy colleague quite a bit

## PARTNER 1

Place

Date

Name

Signature

## PARTNER 2

Place

Date

Name

Signature



## DISADVANTAGES OF PRINCE CHARMING



♥ He only has eyes for Cinderella

♥ He never takes out the rubbish

♥ He wears these weird stockings

♥ He doesn't exist

♥ He never changes the baby's diapers



## 9 REASONS WHY SEX IS JUST LIKE SPORTS

- 9 it gets you all flushed
- 8 it boosts team spirit
- 7 the more you do it the better you get at it
- 6 if you're busy you let it slide
- 5 it makes you happy
- 4 it gets you in shape
- 3 it gives you a nicely toned bum
- 2 it makes you sleep better
- 1 it gives you a nicely toned bum

**HEY, PSST, DO YOU SOMETIMES FIND IT HARD  
TO GET IN THE MOOD?**

Then put this book away and  
take a look at [www.xxx](#)

Enjoy ;-)

DARLING,  
TURN OFF  
THE TV FOR  
A MOMENT

**Staying  
together  
is the  
new  
breaking  
up**

**ONE** TIME  
PER  
**WEEK**  
**IS GOOD**

**ONE** TIME  
PER  
**MONTH**  
**IS GOOD**