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Sex begets
desire begets
more sex
begets.... You
get the idea.

LIZZIE HIMMEL GRAPHISTOCK

Sex trick BUSY COUPLES swear by

What's the first thing to go when you're busy, tired, and stressed? If you said sex, you're not alone. An estimated 24 million American women say they don't have time, are too exhausted, or just aren't in the mood for sex, and more than a third of *Redbook* readers say that being too tired is their number one excuse for not having sex. So we put it off for later—but later can easily become never. In case you haven't noticed, abstinence doesn't make the loins grow hotter, it just begets more abstinence.

No time for sex? Here's how to reignite that can't-get-enough-of-each-other passion—in just 10 minutes at a time. By Susan Crain Bakos

Sex, on the other hand, begets more sex. Studies show that lovemaking elevates the levels of brain chemicals associated with desire. So the best way to increase your yearning for sex is to *have* it—a tall order if you're one of those 24 million stressed-out women.

Get ready to recharge your batteries. Carole Pasahow, a Fair Lawn, NJ, sex and marital therapist, has designed a program especially for overworked, overstressed couples. These couples have no sexual dysfunction; their only problem is that they have *no time*.

Pasahow's Passion Fix program jump-starts a stalled sex life in less than four hours over a four-week period. The program is based, appropriately enough, on the quickie—but this is not by any means your grandmother's quickie, the wham-bam-thank-you-ma'am duty sex that pleased only the man. These quickies, which she calls provocative encounters, include both mental and physical stimulation but not necessarily intercourse.

Here's how it works: A couple pledges to make time for three provocative encounters a week. The first and longest is a 30-minute fantasy encounter (talking, not touching), followed by two physical encounters that last ten minutes each. "In less than an hour a week, a couple can rediscover the passion they thought they'd lost," Pasahow promises. "After four weeks they will be making love more often than they were before the program—and having better sex."

Too good to be true? Try it and see. Here's the step-by-step for week one—just repeat the process for weeks two, three, and four—plus comments and suggestions from women and men who've tried (and loved) it. (continued on page 142)