

**SEX SURVEY: YOUR CHANCE TO SPEAK OUT!**

**THE NEW!**

K46847

For All The  
Women You Are

April, 1993

TM

# Complete Woman

**NEW COLUMN!**

## LOVE ADVICE

**YOUR (EXPLICIT)  
LETTERS ANSWERED**

**"Oh God—He  
Cheated On Me!"  
Real Men  
Explain Why  
They Would Stray**

**Is He The  
One For You?  
The Smart  
Woman's Guide  
To Finding Love**

**Erotic Play:  
Here Is Your  
Overnight Cure  
For Boring Sex**

**SEXUAL  
HOROSCOPE**

**Your Guide To  
Who'll Make  
Love To You  
The Best**

**Can't Drop  
Any More  
Pounds?  
Turn To  
Page 11**

**Pizazz!  
5 Fast Ways  
To Get Over  
Shyness**

**When The  
Sex Is Great,  
But All Else  
Is Wrong!**

**Will Your  
New Marriage  
Make It?  
Revealing  
Couple Quiz**

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## GETTING TO KNOW YOU (all over again)!

**W**elcome to the April 1993 issue of *Complete Woman*—the magazine for all the women you truly are!

1993 is going to be quite a challenge in that change is in the air . . . and we like it! *CW* is also changing (for the good). We are adding new columns and hearing different voices.

This issue of *CW* sees the addition of the column *Love Advice*. The author, Carolyn Bushong, has had stories appear in *CW* and has appeared on all your favorite talk shows. Carolyn (in addition to being a celebrated author) is also a prominent psychotherapist who will randomly select your letters and answer them on our pages. The expert advice is free with the purchase of *Complete Woman*. Welcome to the family, Carolyn—we're proud to have you!

Another new regular feature is *Turning Point: Pivotal Moments In The Lives Of America's Celebrities*. These columns will be deeply emotional journeys taken with a famous person who reveals the moments that changed their lives forever: the driving ambition, the accident of fate, the luck that made them who they are today. This issue of *CW* features one of our favorite stars . . . Cher who discusses her mid-life crises.

According to your many letters you love our male roundups, and Contributing Editor Amy H. Berger wrote one this time that will keep your interest piqued. *Why Men Stray, Why Men Stay: Does Sex Make A Difference?* helps us understand what the boys are thinking. Are you worried about whether your man has wandering thoughts?



Carolyn Bushong, celebrated author and psychotherapist, joins the *Complete Woman* family as our *Love Advice* columnist.

We have been receiving many letters asking what is normal sexually. You want to really know what your neighbors are doing—and what other women your age are experiencing. So—after giving it much thought—we decided to do a **SEX SURVEY**. Turn to page 9



Cher tells of her mid-life crises on page 82; while Lt. Taylor explains why she is so passionate about the AIDS epidemic.



and fill in the blanks! Send the survey back to us and watch future issues of *Complete Woman* for the results. We are really excited about this and know it will make for a juicy read! All names will be held in confidence.

From love to health to self esteem to roundups . . . this issue has it all. So enough from me . . . turn the pages and enjoy. Send in those surveys and let's get to know each other even better!

Love,  
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# LOVE ADVICE

## Your Questions Answered

*Complete Woman* welcomes our new columnist, psychotherapist and author, Ms. Carolyn Bushong. Carolyn will answer your questions (those selected for publication) that are related to your love life. If you have any questions you need advice on, please write to us at the address that follows and watch for a response in an upcoming edition of *Complete Woman*:

Carolyn Bushong/*Complete Woman*  
Love Advice Columnist  
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Denver, Colorado 80206

### I DON'T GET EXCITED . . .

**Q.** My problem is that it has become very hard for me to achieve an orgasm with my fiancé. I don't get as excited as I once did. We've been dating regularly for about a year and I can't understand why this is happening. We've tried everything . . . now I'm turning to you . . .

**A.** By "tried everything," I assume that means you've discussed sexual techniques with your fiancé if his are not satisfactory or if you desire to try something new.

But I suspect that this issue is more serious than technique. Orgasms relate to the ability to "let go" and feel safe in a relationship. Since you were once able to achieve orgasm, I assume that something has recently changed in the area of trust.

It's possible that you have built up some resentments toward each other about unresolved issues in the relationship. Do you have some hidden anger you're not expressing? Do you feel unappreciated in some way—like he's not valuing you the way he used to? If so, talk it out now before it's too late.

Also, sometimes when couples make the decision to get married, they begin to change the way they relate to each other. Couples often start thinking more of the future and their roles as husband and wife or even as future parents. When this happens, they act more responsible and less fun-loving. This can crimp a sex life. If this is true,

sit down and discuss what the two of you can do to put some of the spontaneity and romance back like it used to be.

Another common mistake couples make is spending too much *non-quality* time together—losing the identities that created the sparks. Have either or both of you given up friendships, hobbies or other interests you once had? If so, try to recapture the old you, and ask him to do the same.

David Vance/Image Bank



**Sometimes when couples make the decision to marry, they begin to change in the way they relate to each other. This can crimp a sex life.**

### SELF-ORGASM

**Q.** I've been reading a lot about self-orgasm lately. Could you explain why this method of sex is getting so popular with women and is it a good idea if you are single?

**A.** Yes, self-orgasm or masturbation has become more popular since the AIDS epidemic. Of course, this form of "safe sex" is a good alternative to regular sex and can be a great stress reliever. However, studies have shown that masturbation can increase our sex drive rather than simply satisfying a sexual need, so it may not work well as a replacement for sex with a man. Besides, masturbation, of course, can't replace the affection and emotional intimacy most women want.

### LOVING A MARRIED MAN

**Q.** I'm going through a friendly divorce. Several months ago, I became involved with a married man. The rela-

tionship is primarily a sexual one which is fine by the two of us. He isn't happily married but he says he won't leave his wife (because of the kids). My friends think I deserve better. If we both agree on a relationship that is sexually based do you feel I should listen to my friends?

**A.** If you are truly satisfied with the relationship with your married man as is, and you really don't want more from him, then tell your friends to get off your case, and relax and enjoy it as an interim relationship. But, I, like your friends, question whether or not you're being honest with yourself.

Women who date married men most often fool themselves by pretending that there is no emotional attachment, that the relationship is purely sexual, that they aren't getting hooked in.

If you really aren't fooling yourself—i.e., aren't hooked into proving anything to him, don't want to marry him because you see his flaws, and are still open to dating other men—then go for it and use him as he's using you.

### LOVE DECISIONS

**Q.** I've been having an on-again, off-again relationship with two men over the past year. I know I have to make a decision soon, but am confused. I really like them both and don't want to hurt either. Any words of wisdom?

**A.** Do you have to make a decision now because both men are putting pressure on you or because you want to settle down? If these aren't the reasons, is it because you feel you "shouldn't" date two men at the same time—thinking that it isn't "nice"?

Let each man know exactly what is you want in a long-term relationship. Also, let each know what the other is giving you. Then decide. Who respects you the most? Who is emotionally open and available? Who is the most exciting? Who can you really talk to? Wait and see which man can come through for you. He's the keeper! **CW**

Carolyn Bushong is a psychotherapist and author of *Loving Him Without Losing You* and *Holding Men Accountable* (in progress). She has appeared as a relationship expert on *Oprah* and *Donahue*. Carolyn has a private practice in Denver, Colorado which includes long-distance telephone counseling.

