

RED-HOT  
*Romance*  
*Tips*  
FOR  
WOMEN

BILL & PAM FARREL



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## **RED-HOT ROMANCE TIPS FOR WOMEN**

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## BEGINNING YOUR RED-HOT

# Romance Journey ♥

I hope you've seen it, felt it, experienced it at least once—that sparkle in your man's eye; that wide, full-toothed bemused grin from ear to ear; that strong arm reaching out to hold you; that hot breath on your neck begging you to come nearer, nearer, nearer; that kiss on the nape of your neck followed by the whisper, “I want you...I need you...I love you...I desire you.”

Deep down we women have the desire to be desired, but often we shun the idea of becoming women who are *desirable*. After all, that might require some changes on our part. To become *the* beloved, we might have to *be* loving. “Allure” is a word we often see used in reference to “the pursuit” or early days of a romantic relationship. To achieve the preferred status of being appealing, we have to work on not being annoying, agitating, or aggravating.

Through this book, we're going to explore 26 traits (A to Z) that will help make us desirable, alluring, and sought-after wives. To glean these traits, Bill and I took statements we heard from husbands and studied

them to discern the most common hurts, disappointments, and pains of men's hearts. Then we explored how romancing *husbands* might help things from the wives's side of the equation. (Please check out our website [www.Love-Wise.com](http://www.Love-Wise.com) for a list of the most common frustrations husbands voice and helpful information on marriage and romance in marriage.) We turned those grievances inside out to find the romantic qualities wives could use to fan the flames on the embers of love.

We'll explore the qualities men find attractive in women. The best way to fan the flames on love is to become the irresistible women of our men's dreams!

Bill and I want to be totally upfront with you. We hold a "natural" view of sexual enhancement and education. We believe that love, sex, and intimacy were pretty amazing when God created them back in the time of the Garden of Eden. This means we won't be encouraging you to buy a suitcase full of sexual toys, expensive enhancement tools, or employ anything that might violate the precious secret-and-sacred space of your marital bed. We also won't be including a discussion on birth control. (We have an exhaustive discussion of that in our book *The First Five Years*.)

The focus of *Red-Hot Romance Tips for Women* is to help you build *your* originality and ingenuity into your marriage. There will be plenty of red-hot ideas shared, but they are meant to be sparks to ignite *your*

imagination. We believe the most erotic spot in your body is your mind. At the core, red-hot romance is not a list of ideas. It is all about relationship!

We've designed this journey to sizzling romance to be simple to follow. There are just 26 entries arranged alphabetically. If you read and apply one each day, in 26 days you could become a new woman: more loving, caring, compassionate, and sexy. You can also space out the application to one a week so that over the course of approximately six months you'll have 26 romantic encounters. We recommend the compressed, 26-days-in-a-row model because it provides several perks:

- ♥ *Focus*—All your time, energy, and thoughts will be aimed at one goal: becoming more desirable.
- ♥ *Freedom*—You will like the woman you are becoming: sexy, sought-after, alluring.
- ♥ *Fine-tuning*—Your essence, your character, your inner heart, and your being will be impacted. You'll become...well, nicer. This book will help sand off any rough edges.

### It Is Worth It!

There is no downside to becoming a more alluring woman. As you become more desirable, it does raise

the possibility, the chance, the likelihood that your husband will notice the difference and want to spend more time—even more romantic or sexual time—with you. However, in the remote chance that he doesn't respond the way you hope or expect, keep putting your energy into this process. You will like the more confident, skilled, and affectionate woman you will become. *Everyone* in your life will benefit.

## KISS It!

Take a moment to write a few goals for what you hope will be the result of the time we'll spend together developing your red-hot romance skills. A strong goal for love should include a KISS:

***Knowledgeable***—You might have to get out of your comfort zone and do some research and reconnaissance to find the best answers for your situation. We've tried to provide a solid launching pad for your exploration and investigation. What one question do you hope gets answered?

***Inspired***—Dream grand and attempt greatness on behalf of your man and your marriage. How do you want to feel toward you husband by day 26?

**Specific**—Nail down the details. Take “a hope” and turn it into a tangible action plan. What one habit of love do you hope happens?

**Scheduled**—Be intentional. Make time for this project. You’ll need time to read, time to pray for your man and your marriage, and time for red-hot romance moments and dates. Plan action steps and then write them on your calendar or in your Outlook calendar so you’ll get them accomplished. What days and times will you dedicate to this journey toward red-hot love?

Answering these few questions will help you KISS.

### Don't Go It Alone

God is with you, and He is the author of love!

*Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God (1 John 4:7).*

*God is love, and the one who abides in love abides in God, and God abides in [her] (1 John 4:16).*

*We love, because [God] first loved us (1 John 4:19).*

Yes, God is with you on this journey! Talk to Him about your hopes, dreams, ideas, and feelings. If you hit a tough spot, simply stop and say, “God, show me what to do.” He’ll plant the seed of an idea, a spark of desire, and give you a glint of hope.

### Ask Someone to Help You

You might be braver, more willing, and better able to follow through if you have some accountability. You and a friend, a sister, a mentor, or even a marriage-related Bible-study group can walk this path together. Ask God to let you know who might be willing to go with you on this journey toward being a more loving woman. Then buy her a copy of this book and get started. Or get a group of women and make the trek together toward becoming better wives and lovers. (At [www.Love-Wise.com](http://www.Love-Wise.com) you can get a downloadable discussion guide for this book.)

I (Pam) have seen great power in this “sistering” to encourage each wife to love her husband more faithfully. Bill and I wrote a book called *Red-Hot Monogamy*. It’s an 8-week guide to help couples turn up the temperature behind bedroom doors. The book is for a couple to read together, and it includes “hands-on homework” (pun completely intended).

One reader looking for a few ideas to add some sizzle to an already good marriage read it and used many



of the creative ideas. Her marriage went from good to great. She led a marriage discussion with a small group of women. Afterward, a woman came up to her in tears because her marriage was unraveling. So the leader gave her friend our *Red-Hot Monogamy* book.

As she read *Red-Hot Monogamy*, her heart warmed toward her husband. After speaking and listening to the Lord an ember of optimism was fanned. This hopeful wife began to call home. Each night she'd share portions of *Red-Hot Monogamy* with her husband. Meanwhile, her husband spruced up their love nest (one of the red-hot romance suggestions).

When the wife returned and saw the *tangible* acts of love and desire on his part, she was impressed. "We've been walking, journaling, doing devotions, and praying together. I have my husband back!"

That is red-hot romance! And it will work for you too! We also encourage you to keep a journal as you go through this book so you can capture the ideas and thoughts these topics generate. Are you ready? Turn the page and start rekindling your love or adding more fuel to the fire.

# Appreciative ♥

*Becoming a wife who expresses gratitude and recognizes the quality, value, and significance of her man.*

You're reading this book because you appreciate your husband and your marriage. Because you love your man, you're looking for creative ideas to keep the spark and sizzle in your love life. In your heart is a desire to help your husband feel like the most fortunate male on the face of the globe because he had the good sense to marry *you*.

One of the basic components of a strong love relationship is when a man feels appreciated, valued, and esteemed. I (Pam) love the look in the eyes of newlywed brides. The gleam in their eyes and the broad smiles shout appreciation! When your husband senses you feel you've won the grand prize when you married him, his heart will definitely be drawn toward you. You become priceless in his eyes! "A good woman is hard to find, and worth far more than diamonds" (Proverbs 31:10 MSG).

## Why You?

When *52 Ways to Wow Your Husband: Put a Smile on His Face* was released, one of the first events I had it on sale at was a "women's day," where women from all

walks of life came for education, encouragement, and inspiration. Several times that day I heard:

- ♥ Why me?
- ♥ Why is it worth it?
- ♥ Why not him?
- ♥ Why try?
- ♥ Why “Wow”?

My response was usually “Why not you?” Love has to begin with someone someplace, sometime, and somehow. (And if you’re wondering if we let husbands off the hook, fear not. Bill works to equip husbands to romance their wives. Stay connected with us through [www.Love-Wise.com](http://www.Love-Wise.com), and you’ll discover resources that are available for your husband too.)

You can be the spark plug for your marriage—the igniter of romance! That, my dear, is *power*! You’re not a doormat, not pathetic, not weak just because you want to be a woman who loves her man or even, dare I say it, a gal who wants to please her guy. That is not weakness—it is strength. Your love toward your husband and your marriage has the power to change your marriage and, yes, perhaps even change *him*. As you change yourself, your change compels a change in the relationship, which may lead to him changing.

If you’re married to a husband who abuses you in any way—make sure you and everyone else in your family is physically safe and then read Leslie Vernick’s book *The Emotionally Destructive Marriage*. For most

of us, however, a little bit of lovin' will go a long way toward improving the atmosphere in our relationships.

### ♥♥ Tips for Red-Hot Romance ♥♥

Say thanks! Choose one of these synonyms of appreciation to tangibly express your gratitude to your man.

- ♥ Through written or spoken praise, let your man know you admire a specific quality he possesses.
- ♥ Applaud a specific effort or accomplishment your man has done.
- ♥ Approve heartily of a particular choice he's made today.
- ♥ Commend him in front of his friends or colleagues.
- ♥ Compliment one of his physical features.
- ♥ Accept one of his quirks with a quick hug or kiss when you see it.
- ♥ Laud one of his accomplishments with a gift or family celebration.
- ♥ Warm toward an idea he's brought up by asking for more details.
- ♥ Support one of his dreams by placing a photo of him doing it on your desk or refrigerator.

- ♥ Adore his body in the bedroom by giving a full-body massage.
- ♥ Enthusiastically embrace one of his opinions. Say, “I so agree with you!”
- ♥ Show pleasure in his company. Say, “It’s so nice to have you in my life.”
- ♥ Be mindful of one of his needs by running an errand or picking up an item for him without being asked.
- ♥ Order a coffee mug with “I thank God 4 U!” printed on it. Take him breakfast in bed, including coffee in that special mug.
- ♥ Place a thank-you note on a helium balloon and float it into his home office when he’s working.

## Beautiful ♥

*Becoming a wife with qualities that delight and please the senses: lovely, pretty, attractive, gorgeous, exquisite, stunning, elegant, striking, cute, appealing, eye-catching, nice-looking, stylish.*

Your husband at some point (and most likely now) would use at least one of the above words to describe you. A story that captures why your man might think you're beautiful (even if you don't feel that way) goes back to the first love story—Adam and Eve.

God grabbed a rib from Adam and made Eve. The word “made” in the Hebrew is *banah*, and it gives the impression of God planning out Eve's design. So if your guy has ever said, “You are the woman of my dreams” or “It's like we were made for each other,” he is right! You were and are designed for him.

As we discuss beauty, can we agree to set aside the unrealistic runway model expectations? That's a relief because “80 percent of women in the U.S. are dissatisfied with their appearance.”<sup>1</sup> Our discouragement might be related to the fact that the average model weighs 23 percent less than the average woman.<sup>2</sup> The Yale Center calculated how much an average, healthy woman's body would have to change to meet the proportions of the traditional Barbie doll. A woman would need to grow two feet taller, extend her neck length by 3.2 inches, gain 5 inches in chest size, and lose 6 inches in waist circumference.<sup>3</sup>

I think Vickie Heath, First Place 4 Health vice president and author of *Don't Quit, Get Fit*, sums up a better view of beauty: “Strong is the new skinny.”<sup>4</sup> Let's

focus on wellness, fitness, and health so you can live longer and stronger.

While researching for our book *Red-Hot Monogamy*, we discovered couples that work out together have more sex. There are several reasons for this: 1) **Endorphins** are released when you exercise, so you are happier, which means you generally like your man better. 2) Exercising together bonds you through a work hard/play hard attitude. 3) **When you exercise, you feel better** about your body, and that means you will want your husband to see it.

In my book *10 Secrets for Living Smart, Savvy, and Strong*, I (Pam) share details from my personal story of how I lost 50 pounds and have kept it off and regained my health. Here's a *quick list* of how to get healthier:

- ♥ Get a great physician and nutritionist (consult a doctor before you begin any diet or exercise).
- ♥ Get moving (exercise 5 to 6 times a week).
- ♥ Get good nutrition (eat fruits, veggies, and lean protein).
- ♥ Get supplements (vitamins and minerals).
- ♥ Get away from sugar and processed (fast) foods.
- ♥ Get adequate rest (at least 8 hours a night).
- ♥ Get more water and less caffeine.

- ♥ Get a good trainer and some cheerleaders.
- ♥ Get a lifestyle tracker (food and exercise log to track food, sleep, exercise).
- ♥ Picture yourself fit, alive, in love, and beautiful!

When I took steps to regain my health, I felt more confident, sexy, and energetic. We've used our anniversaries to try new activities and buy new fitness gear. We've snowshoed, jet-skiied, cross-country skied, biked, kayaked, and ballroom danced. We've purchased bikes, skates, racquets, and workout gear. For Bill's birthday I gave him a set of 12 red envelopes. Inside each one was a gift card for an "active" date.

Danna Demtre, coauthor of *Lean Body—Fat Wallet*, has seen the positive impact of wellness. "Even after 28 years of marriage...we accept each other's flaws and the normal things that come with aging. But we both appreciate a fit, lean body, and that keeps things *hot* for us!...I think we should give as much attention to pleasing our spouse physically in our later years as we did in our early years!"

*Do you not know that you are a temple of God and that the Spirit of God dwells in you?* (1 Corinthians 3:16).



## ♥♥ Tips for Red-Hot Romance ♥♥

Which of these activities would your husband like?

- ♥ Take to the dance floor (take line, swing, or ballroom dance classes)
- ♥ Take to the water (kayak, jet ski, water ski, paddleboard, surf, wind surf)
- ♥ Take to the air (parasail, skydive, glider)
- ♥ Take to wheels (bike, motorcycle, skates)
- ♥ Take to ice or snow (ski, snowboard, ice skate, snowshoe, sled)
- ♥ Take up a racquet (tennis, table tennis, badminton, racquetball)
- ♥ Take a swing (baseball, softball, golf)
- ♥ Take a hike (walk; backpack; stroll a lake, park, or beach)
- ♥ Take advantage of technology (Wii fit, Wii dance party)
- ♥ Take up a hunt (camera, rifle, bow and arrow)
- ♥ Take to the gym (cross-fit training, kickbox, Zumba, martial arts)

Try to think of a clever way to invite your guy on one of these active dates: show up in a new workout outfit (or bathing suit); create a clever invitation (tie a

hotel key to a golf club), dress up as a hula girl and hold his new surfboard when he enters the house.

*“For our first anniversary I paid for a scuba class for my husband. Now we’ve spent years traveling the world to romantic places to dive.”*

## Classy ♥

*Becoming a wife who exhibits class, elegance, style; who reflects high standards of personal behavior and is admirably skillful and graceful.*

One of my dear friends was sharing how she met her husband at a friend’s wedding. Her husband added, “She was so classy!”

I once heard the definition of “good manners” as “the ability to make the people around you feel comfortable about themselves, those around them, and their surroundings.” This trait of doing the right thing in the right way at the right time yet not making others feel “less than” is one way to look at classy. A true woman of class knows the traditions of social etiquette and graces. More than this, a true woman of grace and class has the ability to motivate her husband to become a more

gallant gentleman. And she does it with love, acceptance, and encouragement.

A classy wife cares more about the people in the room than her entrance into that room. Let's pull out two words that are often coupled with "classy" and wear them like we would a new jacket:

- ♥ *Grace*: the giving of a blessing or favor undeserved.
- ♥ *Mercy*: withholding a penalty or punishment that is deserved.

*Do not merely look out for your own personal interests, but also for the interests of others* (Philippians 2:4).

### ♥♥ Tips for Red-Hot Romance ♥♥

A classy woman chooses where her mind goes. She selects the thoughts to think about her man. Use this as your filter: "Sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8 NIV).

Protect your love by focusing on what is great about your guy. Using the following list, add a descriptive trait of your husband for each word (for example, for "true" you might write "He keeps his word to me").

My husband is...

- ♥ True:
- ♥ Noble:
- ♥ Right:
- ♥ Pure:
- ♥ Lovely:
- ♥ Admirable:
- ♥ Excellent:
- ♥ Praiseworthy:

Now honor your guy by creating a date that includes some of the finer things in life. On your date share your list with him.

*Ritzy.* Select a five-star resort and spoil him a little. Have a couple's massage in the spa, lunch by the pool, golf on the executive course, or have appetizers at the top of the hotel. Then hold an "It's all about you—my successful man" celebration behind bedroom doors.

*Real.* If your husband prefers jeans and boots or shorts and flip-flops, make a five-star dinner and bring the best of life to him. Serve his favorite foods by candlelight in a setting he finds relaxing: the deck, the patio, the barn, the garage, by the fireplace, poolside, on the beach, by a campfire, or under a tree.