



The Secret Sex Life of a Single Mom

By Delaine Moore

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The Secret Sex Life of a Single Mom By Delaine Moore

For seven years, Delaine Moore devoted herself to being the perfect wife and stay-at-home mom to her three kids. But when betrayal and infidelities plough through her life, she suddenly finds herself in a new role: 37 years old, going through a divorce, and thrown into a single-hood she has no idea how to navigate. Amidst her emotional turmoil, her long-dormant libido rouses to show her the way.

The Secret Sex Life of a Single Mom is the raw, funny and empowering story of the physical and spiritual self-discovery that results from Moore's sexual awakening. Connecting with a fiery, daring side of her personality that has been subsumed by motherhood and marriage, Moore gradually steps further and further outside of her confined identity and sexual boundaries. From online dating and attending a sex club to traveling out of country to explore BDSM with a Dominant, Moore tests her limits, regains ownership of her body, and takes full control of her life. More than the story of a woman's breaking and remaking after divorce, The Secret Sex Life of a Single Mom is a humorous, thoughtful exploration of what it means to be a woman and a sexual being, be she a mom, wife, girlfriend, or divorcee. It also serves as a reminder that when life slams you down, a little fire won't burn you -- it will awaken you.

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Editorial Review

About the Author

Delaine Moore is a speaker and journalist, and the fiery voice behind the popular blog I Am Divorced Not Dead, where she unabashedly gets down to the good, bad, and "naughty" of life after divorce. After having partnered with relationship expert Dr. John Gray, bestselling author of *Men Are From Mars, Women Are From Venus*, to create Mars Venus Coaching, Moore is now a masterful mentor when it comes to shedding your married skin, blasting through your self-told lies and excuses, and pursing passion in all areas of your life.

Moore writes for The Huffington Post, Your Tango, and First Wives World, and has appeared on radio and television shows throughout North America. Her essay about a disappointing sexual encounter, "Less Than a Bump and a Grind," won a Novelette.com Readers' Choice Award.

A formally trained therapist and hypnotherapist, Moore has counseled, lectured, and written on a variety of women's issues, including divorce, body image, and single parenting. She lives in Calgary, Alberta with her three kids.

Users Review

From reader reviews:

Frank Lantz:

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