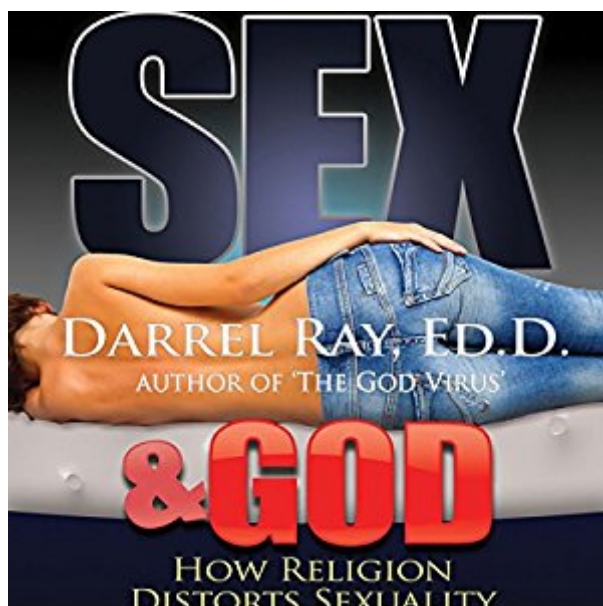


The book was found

# Sex & God: How Religion Distorts Sexuality



## Synopsis

Why are all the major religions consumed with sex? What makes sex so important, whether Buddhism or Islam, Christianity or Mormonism? What is the impact of religion on human sexuality? This book explores this and more. It ventures into territory that has never been examined. You will be surprised at how much religion has influenced your sexuality, who you marry, the pleasure you get or don't get from sex, and what you can do about it.

## Book Information

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## Customer Reviews

I finally had an opportunity to meet and spend some time with Dr. Darrel Ray last weekend, as we were both speakers at the FFRF/AFA 23rd Annual Fourth of July event. I absolutely love this guy, and his presentation on how religion distorts sexuality was a learning experience. I obtained a copy of his book, "Sex & God" (signed of course), and began reading it when I got home. I did not put it down. It would literally take a chapter-length blog post to cover all the wonderful things that are within the pages of this book, so I will touch on a couple of them and leave the rest for you to find out when you buy it. Who Will Benefit? On page seventeen, Dr. Ray reveals who will benefit from reading his book. Thus, I will start here. He points out four demographics, and I quote... \*If you are young and not yet experienced in marriage or relationships, this will show you the world of dating in a religious culture. You will learn about the unconscious games used by religious people to trap you into religion through marriage and relationships. \*If you are in a new relationship or newly married, you will learn about many hidden religious assumptions that directly impact your sex life. Examining these assumptions will give you the power to make informed decisions, free of dogma and

indoctrination. \*If you have been married for 10 or 20 years or more, and want to know if your feelings and concerns are normal, this may give you some benchmarks to consider and ideas to further develop your relationship. \*Finally, if you are religious, you will be able to compare your particular religion with many others. You may want to explore such questions as, "Why do all major religions use shame and guilt, regardless of their theology or doctrine?"

Back in January of 2011, my wife and I had the pleasure of participating in Dr. Ray's Sex and Secularism Survey, which sought to explore how people's sex lives changed after coming out of religion. Some of the research from that survey went into the book, but you can also download the results of the survey in a PDF report at IPC Press. The book is broken up into 5 different sections (Religion in Perspective, Follow the Biology, Follow the Culture, The Psychology of Religion and Sex, and Program Yourself for a Change) with a total of 26 chapters spit up among the sections. Despite it taking me a while to get through the book, most should find this to be a quick read. I'll state at the beginning that the only real negative thing I have to say about the book is that it was repetitious at times, but that was a minor issue, and does not detract from the book or the subject matter at hand. Others have criticized the Sex and Secularism Survey because of the self-selected sample, but there's really no getting around that when you're dealing with the topic of sex. If you disagree, head down to the local shopping mall and approach random people with a clipboard, and tell them you're going to talk to them about their sex lives. Be sure to report back to me afterward to let me know how that went for you. Religious people are really hung up on the idea of sex. Whether it's heterosexual sex, homosexual sex, bisexual sex, oral sex, anal sex, self-sex (masturbation), and everything here, there, and everywhere pertaining to human sexuality - you can bet your sweet bippy that religion is going to have its fingers in the pie. The reason for this, as Dr.

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