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**Sex with Jaiya**  
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**February 10th 2012: Painful Sex: How to Overcome the Challenges When Sex Hurts**

One of my frequently asked questions comes from Men who want to help their wives or girlfriends. They write to me about loving their partner's deeply but lost when it comes to dealing with pain during intercourse. What do you do when sex hurts? What are some ways to overcome painful sex? What does arousal have to do with more pleasure and less pain (chronic pain is known as Vulvodynia)? I'm going to answer these questions as well as offer tips and advice for overcoming challenging sexual issues that women face. Men you want to listen in so that you can help you lover and get the quality

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