

Jon Vroman ([00:00:02](#)):

Gentlemen, welcome to the front road, dad, bod guests, while it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're going to hear unscripted conversations with guys who are as committed to winning at home as they are to winning at work each week, we're going to share a new conversation, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatyana father of two boys tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Jon Vroman ([00:00:47](#)):

Welcome to the front road ad podcast. I'm your host, John Broman. And this is the show for family men, with businesses, not businessmen with families. And today we're talking about sex specifically, mismatched sex drives. I probably don't need to say it, but this is not a show for young ears. So if you need to pause this or put earbuds in or whatever it is, we're gonna have a very real, raw and candid conversation today. We're going to get into all sorts of things with my guests, Zander and Vanessa Marin. We're talking about the keys to initiating great sex and how to bring adventure back into the bedroom. What happens when after 10 years of marriage, you're doing the six same positions every night, and everybody's bored. We're talking about the impact of porn, how our bodies shift and change. There's so much that we cover here.

Jon Vroman ([00:01:26](#)):

You guys are going to absolutely love this show. We had a great conversation. Let me tell you a little about my guests. So these guys are married. They've been together since 2007 and Vanessa is a licensed psychotherapist who got her degree in human sexuality and a master's in counseling psychology. And she's been serving people in this space since 2002, and Zander left his consulting role to go support Vanessa, because the business is blowing up and they wanted to work together and they are an awesome pair. They really opened up and shared stories about their own life and what they're learning by working with so many people. What are the trends that they see out there? We talk about, for example, like, Hey, did the pandemic lead to more or less sex? We're getting into a lot of great stuff here. So I'm going to not drag this on.

Jon Vroman ([00:02:06](#)):

I'm going to get right into the interview here in just a second. But before we do guys, I want to tell you that if you haven't heard, we just launched our summit series within front road ads. This is every 60 days. We're hosting a one day online event where you can take a break out of work for making money and give that time to working on your family so that you can make meaning you could make memories. So if you are committed to making sure that 20, 20 or 2021, or whenever you're listening to this podcast is the best year ever for your family. We cover six different of the most important subjects for any dad and husband over the course of a year, six different subjects that we cover. And you can attend all six of them. You can jump in on one and just see how it feels, but check out frontroads.com/summit.

Jon Vroman ([00:02:48](#)):

If you want to take a day, a break from work and focus on your family, we're going to cover wealth and legacy. We're covering business evolution. We're covering health, marriage and sex. We're covering parenting strategies, all the things that make it so that you are not a businessman with a family. You are

a family man that happens to have a business. And we want you to win at home as a dad and husband, as much as we want you to win at work, we want you to crush it everywhere. We just don't want you to build a business at the expense of your family. So guys, if that sounds good, go to [inaudible] dot com slash summit and check it out. If you need any help, just email our team. You can email info at [inaudible] dot com or just go to the website and send us a message or reach out to us on any social channel.

Jon Vroman ([00:03:28](#)):

We're active on Instagram and Facebook and everywhere that you could possibly find a way to connect with us. But anyway, guys, we are so committed and excited to build with you. We have 180 guys in the front row at brotherhood that are all working together, sharing the best resources, asking the biggest questions and ultimately moving together so that we can, as mother Theresa said, look, if you want to save the world, Goldman love your family. And I know that the world needs a lot of help right now. And the place that we can start is by digging in at home. So that's it, ladies and gentlemen, let's get into it. And I say, ladies and gentlemen, because 30% of our audience are ladies out there. So happy to hear that. So many women are listening to the show also, but for everybody who's out there listening. We've got two incredible people with us, Zander and Vanessa Marin we'll link to their website and all their resources in the show notes at front row, dads.com. Everybody enjoy this show. Gentlemen, I'm pumped about this. I've got Zander and Vanessa Merryn with us, and we're going to talk about sex today. It's going to be fun. So guys, welcome to the show. I'm so glad you made time.

Vanessa Marin ([00:04:29](#)):

Thank you so much for having us. We are both super excited to be here and to get to connect with your amazing committee.

Jon Vroman ([00:04:35](#)):

Yeah. Thanks a lot. Let's talk about it. You know, it's so fun. I love when we were warming up just a minute ago, just kind of just hanging out. I always know when it's going to be a great show, cause I'm like, ah, I totally vibe with these guys. We're going to, this is going to be easy. This is going to be, time is going to fly. You got to keep me accountable to the time I'm going to watch it too, but this will be, I know this will move fast.

Vanessa Marin ([00:04:56](#)):

So we could probably biggest one for a couple of hours and realize we have to come up for air.

Jon Vroman ([00:05:02](#)):

Well, let's warm it up a little bit by just a celebration. Like what's good in your life right now. And it can be on any topic. If you want to keep it on the sex topic, that's greater, you know, relationships, but what's just good. What's something that's fun for you that we can celebrate

Vanessa Marin ([00:05:17](#)):

The question. I have never been asked that on a podcast and I've done a lot of interviews. I love that for me. The first thing that sprang to mind was our relationships. I think, you know, we're going through a really wild time in history right now, and there's just a lot more stress and anxiety going on, but I feel like we have just been rock solid throughout this process. I'm feeling closer to you than I think I ever

have before. And I think you've done a really great job just being a team and navigating through this really interesting period in time. So I feel super fortunate for that.

Jon Vroman ([00:05:50](#)):

Yeah. I feel super fortunate for that for our business as well team member, which is, you know, pushing me in new ways to manage a bit. And then just personally, that's the way I've been dealing with this whole situation is I serve. And I've just been trying to surf as much as possible and not just keeps me sane and happy you wake surf surfing the ocean. Okay. I started wake surfing this year. That was so fun. So fun. I like wake surfing a lot more than I do wakeboarding because wakeboarding, when you take a spill, like you're going to the hospital feels I got the time, but on wake surfing, it's like you just kind of slowly collapsed into the water. It's the only thing has been dangerous so far is I like ran up onto the boat one time, which was really interesting. I love the wake surfing.

Jon Vroman ([00:06:48](#)):

I mean, I appreciate that. And I grew up in Virginia Beach, so I spent a lot of time skim boarding. We don't have a lot of great waves in Virginia Beach, but we did have some shore break and we would skim board a lot. So that was fun. What guys, you know, it's funny, as I was thinking about like, uh, with a topic like relationships and sex, I felt like should I really take my time to warm things up before I get into it? Or like how much foreplay is needed on a podcast before we get into it? I don't know, but let's just tackle something right away. Like, let's just go for it. You had a video that you put out about porn and is when I was learning about YouTube and I got, so it's funny. I realized all the commentary and how laughable it can be.

Jon Vroman ([00:07:27](#)):

But when I was turned on to YouTube, when I was turned 92, I started just consuming. Right. I've watched videos and I was learning and I was reading and I was definitely drawn to the porn topic because I think that's one that a lot of people haven't explored. It's certainly one that impacts a lot of people. I know you have to do is look at the numbers of porn and what's consumed. And you can realize that if you surveyed a lot of people, a lot of people rely on their asses off about how much porn they watch. But tell me about why you put that video out and what type of impact did it have? Let's start there because I think it's a big subject.

Vanessa Marin ([00:07:58](#)):

Yeah. I mean, I think it's a huge subject, you know, pretty much everyone watches porn or at least has watched porn at some point in their life, but we do not talk about it. It's just really cloaked with a lot of secrecy. And so we are all about just bringing these topics that feel taboo or that feels scary to talk about like bringing them up to the light of day and just having open and honest conversations about them. We think it's so important. And so, yeah, that was a topic that we really wanted to tackle just to be able to talk about what's going on. And the point of that video was to try to give couples guidelines for how Oren can work in their relationships. So I think sort of what you were saying a minute ago, a lot of people watch porn, but we keep it secret. And then that can cause a lot of issues in relationship. Maybe your partner finds out that you've been watching and gets really upset, you know, all kinds of stuff. So we wanted to get a couples of framework for having a discussion about what feels right for us when it comes to porn and our, yeah.

Xander Marin ([00:08:56](#)):

Yeah. I think in a lot of relationships, a lot just can go on sad when you don't talk about sex or you've never been comfortable talking about sex and if you're not comfortable talking about that, you're definitely not going to be comfortable talking about what form you watch. And so it's easy to make all kinds of assumptions like, Oh yeah, well, I'm sure he watches it occasionally, but it's probably just on the really clean stuff or something like that. Or, you know, it's like, Oh, she must know that I watch it. It's not a big deal. And it's like, no, you know, like this is something that you can talk about. And this is something that you can make your own rules around. It doesn't have to be taboo and you don't have to feel ashamed about it. And just, this is a way to talk about it and come to some kind of understanding where you both feel good about what's going on when you tackle a subject like that for your audience, right. You'd start digging in. Do you have those moments where you're creating content, you're discussing it you're and then you have a big breakthrough on it. And that probably wouldn't have happened if you weren't creating one person teaches, but two people learn what happened for you through that process. Were there big discoveries between the two of you that by creating that video, you elevated your relationship or gain clarity in some way?

Vanessa Marin ([00:10:14](#)):

Yeah, that definitely has come up for us. Just, you know, us preparing for making a video or writing an email, just having conversations and, and we've been able to yeah. Kind of learn new things about each other or talk about something that we've talked about before in a new way. So it's, we like to tell our audience, like we're learning along with you. We are not perfect in our relationship. We don't have a perfect sex life, you know, we're learning and gathering information and all that along the way. So with that point of video in particular, I think it is something that we have talked about pretty extensively between the two of us. So there weren't any like really huge new realizations that either one of us had in that specific process. But I think just talking about, I think one aspect was talking about like, being able to watch porn together rather than it being something that you each like secretly go off and do on your own, that it can actually be a way that you can feel intimate with each other and you know, it can be very exciting, feel very novel.

Xander Marin ([00:11:07](#)):

Yeah. And it can be like a conversation starter in terms of like spicing things up, you know, in that video, we talked a lot about how there's a lot of unrealistic things that are portrayed in court. And so like setting those aside, you know, if you're watching like high quality or, you know, like female focused or ethical porn, like it can give you a lot of ideas and it gives you an Avenue to kind of like talk like, Hey, like, would that be fun? Like what could we do that? You know, be a way to try new things and get closer and just feel more comfortable talking about this stuff that you probably didn't think you'd be talking about when you first met Zander, you had like 12 rules in there. Right. Or like, how did you frame that? Was that what it was 12 principles or rules or guidelines.

Xander Marin ([00:11:52](#)):

Yeah. It sort of like, yeah. 12 guidelines to discuss it. Wasn't it wasn't like us giving recommendations for like, you should do this, you should do that. It's like, here's 12 questions or 12 ways that you can discuss this and kind of come to an agreement around like, okay, like how much should I be watching? Or, you know, like maybe you talk about like, you know, whether it's a bad idea to go watch porn just after you've turned your, you know, your partner down for sex for some ideas and conversation starters, but not necessarily. So yeah. What do you think was like for using it or what was the most important one, if you could only share one, what would it be? I think probably the most important one is that, you know, getting back to what I said earlier is just like the type and the quality of porn that you watch, especially

when it comes to sort of developing expectations around what sex is like, you know, watching stuff. That's just really not realistic. And, you know, if you watch stuff this really not realistic a lot, and that turns into kind of like what you need to get off, that's really an impact your sex life, because you're going to be really unlikely to be able to get back in real life. And, you know, once you start, you know, what, what do you say all the time when I wires

Vanessa Marin ([00:13:17](#)):

Nurse that fire together wire together, John, have you ever heard of ethical porn? No. Okay. So this is really cool. We talked about it a little bit in the video, but basically, you know, I think there's no denying that there are a lot of issues with the mainstream porn industry. You know, there's a lot of movies that are made that are really degrading, very violence. You know, there's a lot of bad stuff that goes on in the industry, but there's this sub genre called ethical porn, where there are a bunch of filmmakers that are aiming to make porn. That's more realistic that treats the actors fairly. And with respect, there's a really big emphasis on consent and safety during filming. A lot of times they even use real couples. So you're actually seeing like a real connection, real intimacy between people and it just shows so much more diversity. So I think it's really worthwhile trying to support ethical porn, especially if you don't love mainstream porn, because it's showing sex in a much more realistic way and really beautiful way too, that we can look at like real intimacy between people rather than just this kind of raunchy stuff between actors.

Xander Marin ([00:14:21](#)):

I think this is so funny because I was having a conversation with one of my friends. I don't remember when two years ago, three years ago about porn. And one of the things we were both confessing is that when we had watched porn, we didn't like watching anything that was heavy or crazy, or like we were always like, I would like to see the guy, but nice guy who asked the girl out and then like, it's all, we were both confessing that we were laughing at each other. Cause I thought there was actually something wrong with me, but that's the kind of porn that I would want

Jon Vroman ([00:14:52](#)):

To watch. And I, and I really like, I was like asking myself, like, am I just hiding the truth? Like, am I lying to myself? You know? And it's not that there isn't curiosity or some type of like adrenaline that gets sparked by something else that's crazier. It's that I maybe I just feel safe in that space. Maybe I, I don't know. Like, there's just a part of me that I don't like watching horror films either. I really don't. I don't ever watch a horror film. I just, I know no judgment against somebody that does. I'm just being honest with myself about what I like or don't like, and actually, I guess my confession is I thought I was broken because I didn't want to watch something else that was crazier. It's not wild. How we judge ourselves.

Vanessa Marin ([00:15:36](#)):

It always amazes me all the different ways that people can feel like they're broken. Something's horribly wrong with them. They're abnormal when it comes to sex. And I think it really comes back to just the fact that we don't talk about this stuff out loud, that it's just all of us feeling like, Oh God, I can't confess this about myself.

Jon Vroman ([00:15:54](#)):

Cool. And this will lead me to my next question. Is that the thing about watching sex or viewing it outside of yourself is like using somebody else as a storyline to spark conversation in your own marriage

and to say, what is exciting about that or not exciting about that? Just, it just gives you those examples. And I think that leads me to what I read about your work initially. And as soon as I read it was something on your Instagram, I think about mismatched sex drives. I was like, shit, we got to get into that. And I think that that's kind of why some people go to porn is that they're maybe they're not getting their needs met in the relationship. And so they turn to, you know, they don't want to cheat maybe, and they don't view porn as cheating. They don't want to go sleep with somebody else. So they turn to the virtual online experience. Talk to us about the mismatched sex drive, you know, is it how normal is that? How mismatched is America, right. Or the world on their sex drive. How often are two people like yes. And yes. Right. And how often are they not? And yeah, let's, let's get in there. Right?

Vanessa Marin ([00:17:01](#)):

Okay. So the most important thing that we want to convey about this topic is that every single couple has mismatched sex drives. There is not a single couple out there where both partners want sex, the exact same time in the exact same way, every single time. Like we are different people in a relationship. And so of course, there's just going to be a natural mismatch so that mismatch can be much bigger or much smaller for different couples. But I think it's just so important to normalize. Like you are not going to have the exact same sex drive that your partner does. And in addition, like you're not going to have the exact same level of sex drive throughout your entire relationship. One person sex drive may increase decrease or, you know, things are gonna get crossed up, up and down. So, you

Jon Vroman ([00:17:50](#)):

Know, you might feel right now like, Oh yeah, we are on exactly the same page. But I think it's important to recognize that, you know, as we age, as things change in our lives, things can change differently for each person. And so you can't rely on the fact that it's always going to be just like it is today. I think what a lot of people really kind of where people mess up is they think, Oh, it's going to be like, it always was like when we first met. Right. Yeah. I used to tell people all the time, I was like, Hey, whenever you do something for the first time, there's always like this excite, like it's the first time you ever do it because people used to ask me like, how do you get that new girlfriend feel back I go, I don't know that that's the goal because the new field is actually something that's just sacred to that time. Now you can have a, an evolution of your relationship. There can be something else that's a first, but the first is a first and once you've experienced it,

Vanessa Marin ([00:18:43](#)):

We agree with that. I think we really romanticize that early part of our relationship. And that's great. It is really beautiful. Our relationship. We had a super fun, hot sex life at the beginning of our relationship, but I think it's exactly what you're saying that we can honor and respect that that was a stage in our relationship. And we can honor and respect the stage that we're at now. So, I mean, we've been having sex for 13 years. We've had sex a lot of times, but I think that our sex life is really amazing and wonderful and beautiful and special. Now it's different from how it was at the beginning, but that doesn't mean better or worse.

Jon Vroman ([00:19:17](#)):

And I wouldn't want it to be the same as it was at the beginning. Cause we were still getting to know each other and how each other's bodies worked and what we liked. And then it's like, now we like really know what we like and what works and Zander, I sucked at sex in the beginning. I really did. Like I sucked, I look back now and I'm like, Oh shit. How did she deal with it? I don't even know. That's

something that's really hard to admit, you know, for a guy to be like, yeah, after all that time, like, you know, young man ego being like, I'm great, you know, so funny.

Vanessa Marin ([00:19:49](#)):

So I like to, I really like to say, like, there is no such thing as being universally good in bed. Like you're not just an amazing lover. Every single person that you sleep with would just, you know, give so much of great sex is learning how your bodies work together and what you like to do with each other. It's really important to recognize that it takes a little bit of time and communication and some trial and error to figure out

Jon Vroman ([00:20:14](#)):

Zander, you said something that sparked a question that actually came from our community about this subject. And that is like, as you age, right? And as you, as you progress through your relationship, things happen in your life, your body changes. So if a woman is like premenopausal, right, as an example, or you're going through those body changes, one of the questions is if, because of chemical shifts in your body, your sex drive dips, how do you deal with that? Is it just like accept it for what it is or are there things you can do to combat that? Yeah. I mean, I think that people are very quick to, to

Xander Marin ([00:20:48](#)):

The kind of physical or physiological reasons for why your sex drive may be decreasing. And there definitely are valid reasons. And you know, at a certain age, things do start to, uh, you know, drop off. But I think that it's really important to look at the issue of sex drive holistically because there's a lot of things that can really impact your sex drive that you're not really thinking about when you're like 18, 19, 20, like when you started working a job, there's stress, there's anxiety, there's family stuff going on. And all of that, like stress and anxiety can really have an impact on your sex drive. Physical fitness can have a huge impact on your sex drive. I know for me personally, when I was working my first big job, I was just, I wanted to get ahead. I wanted to kill it. I wanted to be successful.

Xander Marin ([00:21:41](#)):

And I felt like I just had to say yes to every project that was given to me at this consulting firm. And I think that's something people can relate with when you start working, you want to impress. And I just let other things fall by the wayside, like fitness, like getting self care, getting home at a reasonable hour. And so, and yeah, my sex drive suffered and looking back, it should have been pretty obvious. I think to me that, Hey, I am really tired all the time. Cause I'm working all the time. I'm stressed because I have too many projects on my plate. I don't feel connected to my wife cause I'm not seeing her enough. So yeah, I think it's really important to look at the things that are decreasing your sex drive that are not related to your body first and trying to eliminate those or decrease them before you get to the point of like, okay, it must be hormones or, you know, I need to see a medical doctor. Yeah.

Vanessa Marin ([00:22:39](#)):

I think we're, we're really a culture of quick fixes. You know, we want to have that quick answer, that quick solution. And when it comes to sex drive, hormones is definitely seen as like that old standard for so many people. And especially for men, because you do hear about men's testosterone levels decrease as they age. And so I always hear men say, Oh, it must just be my testosterone. I've just got to go to the doctor and get a testosterone pill or you know, replacement. And the reality is, yeah, hormones do affect our sex drive, but they are such a small piece of the pie. Yeah.

Xander Marin ([00:23:09](#)):

Should be expected there by the way, like from a physiological standpoint and we look at our lives, is there something that you could say, look, you know, in your thirties, your testosterone is the highest in your fifties that starts to go down or women start to, are there trends that should be paid attention to at all in that space? Or should we just not lean on those as excuses

Vanessa Marin ([00:23:31](#)):

Mine gliding to say, just to say, don't even worry about it because again, it is such a small piece of the pie. I mean, in general men's testosterone levels do tend to peak around like 18 to early twenties and women from a hormonal standpoint, we don't really reach our prime into more of like our mid thirties. So there is a little bit of a mismatch that we have, but again, it's just, it's such a small factor. It's really tempting to look at that and think that that's the quick and easy fix, but secretary really has to do so much more with what's going on in our lives. And in a way it's also like struggling with your sex drive, feeling it beyond the low end, that really sucks and it's painful and it can be really scary, but it's also, if you can look at it in this way, it can be a really beautiful invitation for you to look at the other things going on in your life and ask yourself these questions about isn't the life that I have really working for me.

Jon Vroman ([00:24:21](#)):

Yep. Exactly. Pandemic sex. Is it more or less

Vanessa Marin ([00:24:25](#)):

For us personally or in general,

Jon Vroman ([00:24:27](#)):

The world for your audience? For all the people?

Vanessa Marin ([00:24:30](#)):

It is much, much less, but I think it's also very mixed. Like there are definitely some people where being stressed out makes you horny and you want it. You want more. And you know, if you're in a partnership where both of you feel that way, that's also, you're probably having tons of sex, but yeah. I mean, this can definitely exacerbate the mismatch because it's far more likely that both people kind of have a depressed sex drive or one person has a more depressed. Yeah. I can tell you by far and away, the number one killer of sex drive is stress. And it's a really unsexy answer. I was like, we want to look at the hormone stuff instead, but it absolutely is stressful. Like struggling. Can you give me the toy

Jon Vroman ([00:25:19](#)):

To buy that will fix it all because I'll spend a hundred dollars right now.

Vanessa Marin ([00:25:25](#)):

Yeah. Stress is really interesting because it's, you know, from a physiological standpoint, when our bodies are stressed out, like we are wired to be able to do that fight or flight decision making. And it's like, what safer? You know, we have to have to think of like our caveman ancestors, if caveman's being, you know, being chased by a woolly mammoth, he's got to figure out, stay in fight or leave and take flight. And so physically will shut down any other bodily process that it deems not essential. Yeah. It's

not related to just survival but down. And so sex drive is one of those things. Like if you're getting chased by Willingham, there is no need for you to have an erection in that moment.

Jon Vroman ([00:26:09](#)):

Right. Exactly. And if you feel like your life is in jeopardy, if you feel the world's in jeopardy, then probably from a biological standpoint, you don't want to bring a child into the world. If there's food shortages or there's no toilet paper and I can't get to the store buy diapers. Cause I'm probably not in the place where my body's screaming, bring a baby into the world.

Vanessa Marin ([00:26:30](#)):

Exactly.

Jon Vroman ([00:26:37](#)):

We came back, sex, went through the roof. Yeah. That's so funny.

Vanessa Marin ([00:26:40](#)):

It's really important for us to take a look at our stress levels. And that's one of the biggest things that's going on for people right now. We're really stressed out. We're living through pandemic and a lot of sense. So yeah. Anyone listening out there who's feeling embarrassed about having a low sex drive. It's just so important for you to recognize that is completely normal and understandable. Right.

Xander Marin ([00:27:02](#)):

And is the answer the solution? Is it all the things we know to do to not be stressed out to try is, I mean, I know that's not where I want to go with the show, but maybe if, you know, maybe there is like a, a short answer for you guys. Maybe there's a, Hey, what we have found is that the number one way or the easiest way to get out of stress is blank. Because I know that we all have 20 things that we know intellectually of what to do to get out of stress.

Vanessa Marin ([00:27:27](#)):

It really, it really involves just falling back on our self care activities. I mean, most of us know the things that decrease our stress, we just don't actually do them. So it's really important for us right now to like double down on those things that, you know, make you feel good. So you might still be stressed. We are living through a really wild time right now. But if you at least make some efforts to do things that are going to make you feel relaxed, just like you, like you can blow off some steam.

Xander Marin ([00:27:53](#)):

Yeah. Yeah. I think another important thing to note is that it's just important to recognize that the, what we're living through right now is different from other times that you may have been stressed in your life like pre pandemic, you know, you might have, Oh, I have a, I'm working on a stressful project right now. Or like my child is going through a rough time at school right now. And there are these like individual things that are causing you stress. But right now we kind of have this low, like Lowline level of constant stress, which we are really used to as human. We're not really built to handle that as humans like Vanessa was explaining the fight or flight thing, we're built to deal with high amounts of stress in a short period of time. We're not really built to deal with sustained periods of small stress, saber tooth tigers, that saber tooth tigers.

Xander Marin ([00:28:51](#)):

I still walk the fuck away at some point, right? If you were being constantly stocked by saber tooth tigers, like I don't think the human race would have survived. It wouldn't have made it to where we are constantly being. Yeah. So I'd say just recognize that and then try to think about what are small things I can do to just temporarily reduce that stress. It's not like I have to fix the stress cause you can't, you can't make a pandemic go away on your own. But what you can do is you can do small little things on a day to day basis to take care of.

Vanessa Marin ([00:29:26](#)):

So I can give you my top three, the top three things that I think are most effective and there is a lot of research to back this up. So first one would be having some sort of physical movement. Like I know Sandra was talking earlier about how he's really been, you know, doubling down on his surfing now, like any sort of physical movement really just helps your body process the stress and actually completes the stress cycle. So that's a big one. Touch is another big one. So even if you know, you're not feeling super sexy. If the two of you can still touch each other, hold each other, get some cuddles in, just have some sort of physical contact releases the oxytocin also to, you know, feel good in your neurotransmitters is really helpful. And then the third one is a little bit of breath work. So even if it's just taking 10 seconds out of your day, 30 seconds out of your day to close your eyes, take a few deep breaths, feel that breath in your body, that's going to just really soothe your nervous system a lot. So those are my top three.

Jon Vroman ([00:30:23](#)):

What's up guys. I want to take a quick break to talk to you about our private mastermind that we call the brotherhood. Now we created this unique community for a very specific type of man. And you may just have found your tribe if you believe in the power of relationships. And perhaps you're always trying to out-give everyone around you, you crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman with a family, by joining our brotherhood, you'll have access to weekly interactive training calls get to join as many or as few as you like. Our guys commit to one of these each month, optional small groups designed to create meaningful connections and higher accountability, a private resource library accessible to only our members. And we have challenges throughout the year to help you push your limits.

Jon Vroman ([00:31:04](#)):

And we even involve your family in a few of them. The brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn. And the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Now, of course, you're a badass. You can do a lot on your own. You likely have for many years and yeah, you probably don't need front row dads to have a great family to love on your kids and have a great relationship. But one thing I know for certain is that men for years have done better in tribes versus trying to brave the world in their own. Here's what one of our members has to say about the brother,

Vanessa Marin ([00:31:44](#)):

The message of what you're doing. And putting out there resonated with me at such a high level. I knew I had to be a part of it. And because I didn't know that this existed, I didn't know that front row dads was there and that community existed in that way. I mean, family men with businesses, not business men

with families that changed everything. That one line shifted my entire thought on what you're about, what this community is about, what this brotherhood is about and what this group is about. And I would say if you are a dad or an entrepreneur or a father or husband, and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen.

Jon Vroman ([00:32:20](#)):

If we want our kids to have great relationships and learn from others, we should lead the way and model the behavior we want to pass along. Hey, look, guys, the time is now to pour into your family. I read an article by Tim Urban that put everything into perspective for me, but how important it is for me to get parenting. Right, right now he wrote that 3% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that, no matter how old your kids are, the time to go all in on your family is right now. We have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. But by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are, a fatherhood marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row dads.com and click join the brotherhood today.

Jon Vroman ([00:33:26](#)):

I feel that we always win in this area. If we are mismatched and we're running in different directions. If I can just get us into the bedroom with the door locked. And I know it sounds simple, but it's like sometimes we complicate it right. But if I just get her in the bedroom and I get her into the shower and then I write, and everything's just feeling real. If I can get in that space, then, I mean, it's likely that it will lead to a place of where we're both excited about it. But I have to be conscious that if I just say to her in the kitchen, like, Hey, should we go have sex? Like the answer is, there's nothing sexy about that. But if I can shift the environment, if I can create a scenario and help her to relax, or she does the same thing for me, right.

Jon Vroman ([00:34:06](#)):

Then I think it works out great. Because he might say, I'm not interested. I think I heard you guys talk about this with the Hollis crew, like about how the massaging thing. Cause I figured Tatiana will say, I'm not in the mood. I'm like, neither am I, but I just want to massage you. And so I grabbed a coconut and I start massaging her and then she goes, I don't, I really don't want to. I go, neither do I. I go, in fact, I don't want to at all, I just want to rub you and sure enough, like it all, you know, it's just wild. How, if we just release expectations, if we just find ways to just relax that that's beautiful.

Vanessa Marin ([00:34:43](#)):

I think one of the big issues that couples run into is we're taught to believe from seeing, you know, movies and TV that we're supposed to have this like wild, spontaneous, passionate desire. And you're supposed to like lock eyes with each other and just know in that moment, like it's on, you know, we want to feel that intensity. And the reality is that a lot of us just don't feel that. And that's actually not the way sex drive works for a lot of people. So you know what you're saying? Like if we can lower that bar and if we can just focus on some sort of connection, some sort of touch, some sort of relaxation together. A lot of times what people realize is like, Oh, I'm feeling pretty good. And I think where a lot of

guys mess up, they don't really realize because you know, to be on, we aren't as much in touch with our emotions as, as women are oftentimes unless we do a lot of on that.

Xander Marin ([00:35:38](#)):

Yeah. We've been socialized to be that way. And I think that when you really dig down into it, when you are feeling like I want to have sex, it's not that it's not actually that you want to have sex. It's that you want to have connection with your partner. And like you were saying about lowering the bar, you, you say, Hey, I just want to, let's just massage each other like that. And it often will lead to sex. But if you're just thinking I want sex, I need to ask for sex. And if she says no, then we can't have sex. I'm unsatisfied. It's like, you got to think about what do you really want? Like, what do you want to just close the door in the bedroom and cuddle together for a few minutes? Like, would that be better or worse than not doing that? So, yeah. I think that just trying to feel into like, what are you actually looking for?

Vanessa Marin ([00:36:30](#)):

This is something that I explained to women all the time too, is that yeah. I think men you've been socialized to not be as expressive about your emotions. So a man, you know, and a lot of times will have a hard time telling his partner, Hey, I want to feel connected to you. I want to feel close to you right now. But for men it is socially acceptable to want sex and to initiate sex. So when I'm talking to women, I try to explain that. And I say, you know, when he's initiating with you, think about him coming to you and saying like, I want to feel really close to you right now. I want to feel really connected to you right now. And that can take on a really different feel for him.

Xander Marin ([00:37:01](#)):

What else can you tell us about initiating if you are mismatched, right? And you're either being, you know, somebody else's initiating with you or you're initiating with them, what do we need to know about the art of initiation? Okay.

Vanessa Marin ([00:37:13](#)):

So first you need to understand what your sex drive type is. So we have a whole free guide about this that goes super into detail about it on our website. But So the two secretary types, we'll get a little sneak peek here. The suit to secretary types are spontaneous and responsive. And what they boil down to is where you get turned on. First, you get turned on mentally in your head or does your body get turned on first? So spontaneous types will get turned on in their heads. First, the idea of sex sounds good, whereas responsive types need to get their bodies going. They need to have some sort of physical stimulation. Yeah.

Xander Marin ([00:37:50](#)):

You literally just described this when you were talking about setting the scene, getting, you know, your life in the shower and like the door closed like that. You described that so well.

Vanessa Marin ([00:38:02](#)):

So in our guide, we go over like how to figure out which type you are and you know how to figure out what type your partner is and how those types work together. Cause most couples are one person's one type and the other person's the other type, but it's really like, what do I need to, what do I need to appeal to first? Do I need to appeal to their head? Or do I need to appeal to their body?

Xander Marin ([00:38:21](#)):

Yeah. How do you identify the two of you?

Vanessa Marin ([00:38:25](#)):

We're interesting. Cause we are a little bit of a reverse of the typical gender dynamics. I tend to be more of a spontaneous type.

Xander Marin ([00:38:32](#)):

Yeah. And I'm more responsive. Yeah. So I definitely

Vanessa Marin ([00:38:36](#)):

Spend some time. I kind of mentioned the time in my life, early on in my career where I was struggling with my sex drive and I went to that place of like, Oh, something's wrong with my hormones? Like, do I need to go to the doctor? Do I need pills or something? But yeah, the reality for me is like, yeah, I just need a little bit of time to ease in to it. And then like all of a sudden it's like, Oh yeah, I want this. Yeah. Then. And I think the other thing with initiation is really trying to figure out like what works for each other and actually trying to do it. So I think what happens with couples who have mismatched sex drives is sex becomes really fraught. It starts to feel really complicated. And so couples start to feel really insecure about it and they end up initiating with each other in these really not very sexy ways. So when I always hear about from women, it's like, he'll come up behind me and just like, grab my breasts and do this like Hong Kong kind of thing. And they're like, who is this guy

Speaker 4 ([00:39:39](#)):

[inaudible]

Vanessa Marin ([00:39:40](#)):

Ever seen? You know? Or sometimes it'll be this like, you know, but just in the way that you're asking, trying to not be super vulnerable. So we're trying to like, Oh, I was just joking about it. I wasn't, but we need to ask ourselves like, you know, the way that you're initiating sex, is that something that you would feel excited to say yes to? Right. You know, so it takes a lot more vulnerability to really put yourself out there to really try to connect rather than doing these kind of like a little dancing around it type of thing. But you got to ask yourself like, yeah, I feel excited if my partner initiated by just coming up and grabbing at me, you know, maybe sometimes. Yeah. But if it's still like, Hey, how does that show up for you in a real example?

Vanessa Marin ([00:40:36](#)):

What does it look like when it's working for you spontaneously and what does it look like for you when it's working responsibly little nibble? Yeah. So we definitely talk about, we share with each other. Like, I really love it when you initiate in this way or like that was so hot when you did that so that we learn, you know, and we figured out how to keep getting better and better at it. So for me, it's sort of funny. I'm also like my love language is words of affirmation. So Xander can give me some sort of compliments, just tell me like, Oh my God, you look so good right now, babe. I am ready to go.

Speaker 4 ([00:41:17](#)):

Yeah.

Vanessa Marin ([00:41:17](#)):

I love hearing a compliment. And I love hearing that he's excited to be with me too, like hearing about like, yeah, you look really good. Ooh. I want to get you in the bedroom right now. Like that for me, my, my challenge, which, you know, I've spent a lot of time figuring out really is that,

Xander Marin ([00:41:34](#)):

Yeah, I don't immediately go in my head to like, I want sex, but I know now that if I put myself in a situation where sex is on the table, I'm very likely going to want it. So I will give Vanessa a compliment. I will as a, Hey, would you, why don't you, you know, why don't we go hang out in the bedroom for a little while? Because I have confidence now in myself that, you know, all I need is just a few minutes of us hanging out together, touching each other kissing, and then I'm going to be ready to go. So what's your favorite way for me to initiate? Well, my love language is touch and like, I love like cuddling. I love it when Vanessa, Vanessa is not a big cuddler. I had the teacher how to cuddle. So she doesn't naturally do that. So when she kind of, out of nowhere, I will just like, come up and give me a hug or, you know, a snuggle. Yeah. That, yeah, that, that does it for me. You know, all this falls under the mismatch. Right. My next question comes from one of our members that asked me this at a retreat. And he talked about how, you know, he wants to go down on his wife. She doesn't want it. Right. And he's like, I want it so bad. So what do you do in a situation like that? Where it could be reverse, right? The woman likes to give a blow job and the guy's just like, no thanks. And how do you reconcile that?

Vanessa Marin ([00:43:05](#)):

There's a really unique dynamic that comes up for women around receiving oral sex, because we have been socialized to be really ashamed of our genitals to think that they're kind of gross looking and they smell weird and they taste bad. And so the idea of having another person just all up in your business, right there is really, really overwhelming for a lot of women. And so, you know, a lot of this is going to have to be like her journey with recognizing that her body is perfect and beautiful and sexy just the way it is. So he can be a supportive partner to her in that, and just continue telling her, like, I think that you, I, it's so sexy for me to look at you. I think you taste amazing. You smell amazing. Like it's intoxicating. I can't get enough of that. You could also talk to her separately, completely outside of the bedroom and bring it up and say, yeah, I really would love to go down on you.

Vanessa Marin ([00:43:56](#)):

And I feel like I try to share with you. I'm so turned on by it. I think your body is so sexy. And I feel like you have a hard time hearing that. So I'm just curious about like, what is that for you? What comes up and just be able to have a conversation around, you know, maybe she shares like, yeah, I am worried that even though you're saying these things, I'm worried that you do think it's kind of gross or, you know, smelly or whatever it is. So just being able to have that conversation can really help. And then, you know, in terms of like just logistics in the moment, like you can ask her if there are certain things that you could do that would make it feel more comfortable. So for a lot of women having the lights off can make it feel much, much more comfortable having just taken a shower bath beforehand. Like you don't have to do that. Our bodies are not dirty, but a lot of women will feel more comfortable that way. So it's kind of trying to problem solve a little bit. Like, are there ways that you could feel a little bit?

Jon Vroman ([00:44:43](#)):

Yeah. Like, can you, can you ease your way into, like Vanessa said, I think another really important thing, which I think it's really easy to miss is just have that conversation in a non-sexual situation because when you are in the middle of having sex and it's like, Oh, I really want to go down on you.

Vanessa Marin ([00:45:04](#)):

And she's closing her legs real fast

Jon Vroman ([00:45:07](#)):

Charged situation. You're far more likely to create like a really negative experience if it's like, Oh no, don't do that. Don't do that. And you're like, you lose your erection. And it's just like, that's a horrible experience or both parties. And you know, you don't want to repeat that. So that's my, you know, trying to take it outside of the bedroom and just initiate that conversation there in neutral territory is a much better idea. Usually how much is mismatch sex drive is relating to just losing attraction to your partner. Like I imagine, and this doesn't come up a lot because I think people don't want to say it, but I know it exists because it has been said. And I just wonder how, how many times it's not been said about as we get older, you know, as your partner ages, somebody gets, you know, Tatyana's told me that when I grow out my beard, I have gray in it and she can't fucking stand that.

Jon Vroman ([00:45:59](#)):

Like, she's like, I'm not ready to be married to that old guy with the gray in his beard. Right. And so for her that, from a visual standpoint, that's a deal breaker. I think that, you know, there's things about the human body where maybe by age or by decision, like somebody was once shaved and now they're not, somebody was thinner and now they're not right. And they've put on weight or they've let themselves go. Or they just age, their body changes. They have babies and they're, you know, whatever. So, and this goes for men and women. I'm not trying to stereotype, I'm saying that both people shift and change and how much of a mismatched sex drive is somebody losing attraction. And maybe not being honest about it because who the fuck wants to say that, right? Like, why don't you wanna have sex? I just don't feel like it versus like saying something could really hurt the other person's feelings when you love that person, you know?

Vanessa Marin ([00:46:50](#)):

Yeah. So this is another interesting one. It's very similar to hormones and that it's actually a much smaller piece of the pie than most people think. So a lot of people get very anxious about this. And I hear this from the couples that I work with all the time. Like I'm secretly worried that he's not attracted to me anymore. And I think, you know, we do like, of course our bodies change over time. We look different over time and we registered that like, Oh yeah, there's some extra wrinkles there that I didn't see before or whatever it is. But the, I think the reality is that it's just such a small part of our attraction for our partner. And particularly for men, I hear about this from women all the time, like, Oh, he thinks I'm fat. He thinks I gained weight. He thinks I'm old. And it's so rare that I hear from men that will tell me like the ad, the main issue is that I'm not attracted to her anymore. It's almost always that there's some other bigger issue.

Jon Vroman ([00:47:39](#)):

And usually you think that goes back to stress. They're just like overworked. And you know, and they're not taking care of their body or whatever it is, but there's something that's, it's just more of a psychological issue with the individual. You think that's what it is.

Vanessa Marin ([00:47:52](#)):

And there can also be a lot of relationship dynamics that come up too. Like, you know, if you're not getting along with each other, if you're having a lot of disagreements, like you're not gonna want to be intimate with each other. And also another big factor is the kind of sex that you have to, this is a huge one. That's so few people realize is, you know, you need to be having the kind of sex that is worthy of your desire. So many couples are having sex and we've been through this too. Like we get it. But you know, so many couples are having sex that is boring. It's predictable, it's repetitive. Why would you crave that know exactly what's going to happen? And it's not a particularly enjoyable pleasurable thing. Why would you crave that thing? So for a lot of couples, it's, it's learning how to have sex with each other in new ways.

Jon Vroman ([00:48:40](#)):

So Tatiana and I went through this about two and a half, three years ago, where that was exactly what it was. It was that we did this, I flipped her this way. I flipped her that way. It was all predictable. There were six positions. We ran through the routine and I get it. Like, it became very boring. Right. And then there was like this revitalization, like, we'd read a book, we did this thing, we tried this or whatever. Like, you're like, Oh, handcuffs, like let's go. Right. And all of a sudden you introduce something, but then I think it's very easy to fall right back into the trap. You're like, now it's six positions with handcuffs. It's like, now it's just fucking seven things and that's it. So how might somebody, if they're like, look, you know, we did the tantric sex. Then we did the breathwork.

Jon Vroman ([00:49:19](#)):

Then I pierced my penis. Then I said, whatever it is, we bought this sex toy that everybody said to buy, and now we're stuck again. Right? Like then what do you do? Like, is it one of those things that, you know, there's a part of me, that's like, I understand, like it's a limited thinking to believe that you've somehow done everything done. Every position you figured it all out. That's a limited thinking, but I also get that. Then you could be like, well, do we need to bring a third person in? Do we need to bring six people in? Do we need to, like, what do we need to do to elevate this relationship? Right.

Vanessa Marin ([00:49:51](#)):

So I think what this really boils down to is recognizing that our sex lives take active and ongoing effort. We do not ever get to a point in our sex lives where we're like, yeah, figure that out. We're good. Now, like we can test on our laurels. It takes constant effort. So the good news here though, is that I think even the smallest changes, like doing things slightly different, trying a new position, having sex at a different time in the day, even in the, you know, like on a different side of the bed than you normally do, like little changes can actually make a big difference. And we also have our 30 day sex challenge. That could be a fun thing that you could do too. But I it's just, it's making this commitment to each other. We're going to continue trying to explore and experiment and try new things because our sex life is important to us. And we want to be able to keep exploring with each other.

Xander Marin ([00:50:41](#)):

Yeah. And I think that it's so easy to get the idea that your relationship, what, once you pass those initial relationship hurdles, that it just goes on autopilot, but like what else in your life do you not have to work on like, right. If you want to be successful in business, like, do you put stuff on autopilot? Like, no, you got to work on new things. You got to introduce new products, you got to learn new skills. Like you don't just keep getting promoted or keep making more money by not doing anything and like surfing as well. If

I was just like, Oh, I don't ever need to work out again. I don't ever need to like push myself to try anything new. I don't ever, I, you know, I'm just, I'm fine to surfing the tiny waves every day. And it's all I want. Like, I'm never going to get better at it. What about you got a partner? So imagine that there's mismatched adventures levels of adventurous. What am I trying to say? Mismatch desire for variety or they're how much adventure they're willing to bring in. So some people are like no sex toys, nothing and other people are craving it. And what do you do when you're not matched up on the toy or adventure department with your partner?

Vanessa Marin ([00:52:02](#)):

The best approach to take here is just to start with smaller things. So I think a lot of people, especially if you're not particularly adventurous, it's very easy to build it up in your head of like, Oh my God, my partner wants to have six people in the bedroom and everybody has handcuffs and you build it up in your head of like, my partner wants all these crazy things and I'm freaked out about this. But if you start with smaller things, then that helps ease your partner into it and realize like, Oh yeah. Even just trying a new position can be really fun. Even just having sex in a different room of our house can be super fun. So it just, it helps them kind of reset their expectations and realize we can still enjoy each other. We can still be really playful and try new things and it doesn't have to feel scary and overwhelming. And then you can work up to doing things that feel a little bit more.

Xander Marin ([00:52:47](#)):

You don't have to go from missionary to dungeon. Oh yeah, you absolutely shouldn't. I mean, I think this is a prime example of why it's really important to get comfortable talking about Saks and desires and needs around that from the very beginning of our relationship. But you know, not all of us were did that. And you know, you may find yourself X number of years down the road being like, Oh, you know what? We never really talked about this. And now I'm realizing like I want toys and my partner just says no twice, but I think one of the other things that happens is a trap that's easy to fall into. Is this idea, like if you suggest an idea, the partner thinks, if I say yes, I'm guaranteeing that I'm going to like it. And the reality is there's no way to know that you're going to like something that you haven't tried before.

Xander Marin ([00:53:40](#)):

But the only way to know is to give it a try. So like, yeah, like you said, you don't go for missionary to the dungeon, but you know, in reality it's like, okay, I don't know if I'm gonna like toys, but you know, why don't we start with a small little vibrator. We're not going to go for the eight inch glass dildo right off the bat. What's your favorite subject? I know we're out of time here. So I've got to wrap, but what's your favorite thing to talk about on this subject? Like on your show with your clients, like what's the thing that lights you up the most and is there anything you won't talk about?

Vanessa Marin ([00:54:11](#)):

So I love talking about female orgasm. That's a huge area of expertise for me. So I have a whole online course called finishing school where I teach women how to orgasm. And I think I just love talking about anything related to orgasm, because I think that we, women are really set up to fail when it comes to our orgasm. You know, I talked earlier about how we were taught to be really ashamed and embarrassed of our bodies, but we're also socialized to put others before us to be self sacrifices, to be uncomfortable receiving, not allowing ourselves to be the center of attention. So I love teaching the logistics of how to orgasm. Like I have a specific step by step process that walks you through it. But also

because it's just tied to so many other aspects of a woman's life that we have really incredible transformations, like life changing stuff.

Xander Marin ([00:54:58](#)):

And that can really lead into mismatch sex drive issues, where, you know, many women don't know how to orgasm at all or consistently, and don't have a very high sex drive because they're not having a great experience themselves. And so, you know, that transformation can really change the dynamic of a couple where you initially thought, Oh, we're just mismatched

Vanessa Marin ([00:55:23](#)):

In terms of, there's really nothing that I won't talk about. I'm pretty much an open book. And, you know, there are things that I will feel vulnerable talking about. And sometimes afterwards I'll see like, Oh my God, I can't believe I admitted that. But for me, it's just, it's, you know, the core of what we do is just being able to have conversations. And so it's important to me to, to challenge myself, to, to go into some of those more vulnerable spaces. So I try to make myself an open book.

Xander Marin ([00:55:49](#)):

Is your orgasm for women course mostly consumed by women or do men take that course also to learn about how to,

Vanessa Marin ([00:55:57](#)):

Yeah, that's a great question. We get a lot of men who buy it as gifts or their partners, but we also have had men who are just really interested in curious to learn about female orgasm and how they,

Xander Marin ([00:56:09](#)):

Yeah. You could definitely kind of reverse engineer. My guess is if you're teaching somebody how to do it for themselves, that you've got to pick up a few clues. If it's three swipes to the left, really fun course for a couple

Vanessa Marin ([00:56:24](#)):

To do together too, she can do on her own, but there's a whole section of exercises that you get to do together. So it can, you know, I really want it to feel like a sexy playful thing rather than this like, Oh God, I've got to figure it out.

Xander Marin ([00:56:37](#)):

Vanessa, might I be able to entice you to come back on the front road ad podcast and talk about that sometime. Alright, cool. Well, listen, I hope you both had fun today. I did. And I loved getting to know you both. I appreciated the conversation. I think it's gonna be very helpful for a lot of people. It was helpful for me. Thanks for the honesty and the, and we just had fun. This was really great. Is there anything that you want to tell everybody I'm looking at the clock? I know we got to go, but a final words to you too. Is there anything that you want to say, talk about, share anything it's just the floor is yours. Do you want to share

Vanessa Marin ([00:57:10](#)):

Favorite things to talk about or anything you don't want to talk about?

Xander Marin ([00:57:14](#)):

I'm still getting used to talking about everything, but honestly, yeah, I'm, I'm pretty much no, but, but, but yeah, I just, the reason I got involved in this business with Vanessa is just realizing that we don't talk about this stuff as guys, very much. I like sharing stories from our own relationship from my life to just trying to show people that this doesn't have to be this big, scary thing. And that in fact, like once you get over that hump of awkwardness, no pun intended, you know, starting to talk about sex can really open up a lot of, a lot of things in your sex drive and a lot of things just in your relationship with your partner, but, uh, yeah. Do you want to tell him we could throw a little page together? So people get some of the resources.

Vanessa Marin ([00:58:03](#)):

Yeah. Yeah. We're happy to put together a little Page@vmtherapy.com slash podcast. And we can put some of those guides that we talked about and just more information for your awesome community. But yeah, I guess the thing that we can leave your community with is just like start having these conversations. We know it can feel vulnerable. We know it can feel a little bit scary, but so much of your sex life and having a truly exceptional, pleasurable, active, exciting sex life really boils down to just starting with opening those conversations. So even listening to this podcast with your partner, I love that as a conversation opener, like I heard this great podcast today. Like, do you want to listen to it again?

Xander Marin ([00:58:42](#)):

Just put it on the background and see what happens.

Vanessa Marin ([00:58:45](#)):

Yeah. That's a sneaky way to get your partner to start talking to you, but yeah. Get up the courage to start having those conversations. I promise it will be worth it to me.

Xander Marin ([00:58:55](#)):

Awesome guys. Hey, thank you so much for being here. I definitely am looking forward to more and future conversations with both of you. Thank you for having us. It's been a blast. Thanks. Hey guys, thanks for listening to the show. And if you enjoyed this one, consider what other dad out there would enjoy it also and pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever release the latest episodes. And if you could, would you leave us a quick if you haven't already

Jon Vroman ([00:59:22](#)):

Done so, and if you have thanks because not only do I read every one, but tons of other people are reading them too. In the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out. And we can help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short, weekly email with a timely insight? And every Thursday I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life. So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to (314) 665-1767, and you'll get our weekly insights, email blast on the list. Guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe. And here's what they have to say about why

they joined what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road, ads.com and click join the brotherhood.

Speaker 4 ([01:00:21](#)):

I'm super grateful. I was just at an event and I wore my front row dad's hat. I can't tell you how many people asked me, like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. That's a group that I've been looking for for a long time, and I love what you're all about. And I'm really grateful that you've created that group. I think there's this whole other level that is there. That's like Epic that you can reach. If you're listening to this, you already care about your family and your kids and your wife and me growing. So I just challenge everyone. That's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level to take your family to the next level.