



# Just Do It: How One Couple Turned Off the TV and Turned On Their Sex Lives for 101 Days (No Excuses!)

*Douglas Brown*

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Even though it feels like there's never enough time or energy, trust Annie and Doug...THERE IS!

Creeping into middle age and saddled with work deadlines, child rearing, homemaking, and fourteen years of togetherness, an ordinary, happy but harried couple set an outlandish goal: to have sex for 101 consecutive days—no excuses (not even the flu, late-night child wanderings, or flat-out exhaustion).

What ensued is by turns hilarious, tender, and seductive—including sexual romps in hotels, at an ashram, in a basement, and atop boulders, but most often in their own bedroom, which they dubbed the “sex den.” As Doug and Annie Brown literally screwed their way through months of a cold Colorado winter, they turned up the heat by attending the Adult Entertainment Expo in Las Vegas; taking Bikram “hot” yoga to get limber; and stocking up on candles, Viagra, lube, lingerie, and sex toys galore.

In addition to the awe found in their ability to get it on day after day—and actually enjoy it—they were more surprised and touched by how much closer it made them. As Doug Brown lays everything bare, we get an inside look at the male mind and discover that a good husband and a good dad can also be one hell of a lover.



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