



The Kasher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life

Shmuley Boteach

[Download now](#)

[Read Online](#) 

The Kosher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life

Shmuley Boteach

The Kosher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life Shmuley Boteach

“Rabbi Shmuley penetrates the veil shrouding American sexuality to highlight that eroticism is the thrilling desire to comprehend the mystery of life and attach ourselves to the source of all being.”

—Mehmet Oz, M.D., author of *YOU: The Owner’s Manual*

The *New York Times* bestselling author of *Kosher Sex* and popular radio host on Oprah & Friends, Shmuley Boteach delivers a much needed guide for injecting passion and energy into both our relationships and our everyday lives. In *The Kosher Sutra*, the author whom *Newsweek* magazine calls, “the most famous rabbi in America,” and Salon.com praises for having “his scholarly finger on the pulse of the nation” offers “Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life,” combining tantric and Kabbalah wisdom with modern psychological insights and common sense.

The Kosher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life Details

Date : Published January 6th 2009 by HarperOne (first published January 1st 1999)

ISBN : 9780061668357

Author : Shmuley Boteach

Format : Paperback 256 pages

Genre : Nonfiction, Sexuality, Relationships

 [Download The Kosher Sutra: Eight Sacred Secrets for Reigniting D ...pdf](#)

 [Read Online The Kosher Sutra: Eight Sacred Secrets for Reigniting ...pdf](#)

Download and Read Free Online The Kosher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life Shmuley Boteach

From Reader Review The Kosher Sutra: Eight Sacred Secrets for Reigniting Desire and Restoring Passion for Life for online ebook

J. Parker says

To be fair, I didn't finish the book -- although I really tried.

Unfortunately, I found Kosher Sutra to be a mixture of insightful ideas about eroticism and bad advice for sexuality in marriage. At times, I was nodding at notions the author presented, and then a page or two later, I was wincing at his suggestions. For example, Boteach explains how he counseled a woman to withhold any information about her sexual past from her fiancé, which I find to be both deceptive and dangerous.

I simply couldn't find enough to agree with or that enlightened my understanding of eroticism and sexuality. And at some point, I was too frustrated to continue. I wish the author all the best, but I cannot in good conscience recommend this book.

Angela Bell says

Had some good tips about femininity and to keep some mystery.

Rest of the advice from my opinion is more geared towards couples who are no longer aroused by the thought of sex with one another or are unsatisfied with the sex they are having. Would try some (not all) advice if I found myself in the situation described above.

Some of the advice suggested I would not try is: synchronized breathing for half an hour, staring into each others eyes for an hour with no verbal communication, having regular / daily sex but waiting a week to climax, and the kicker for me was to obstinate from sex for 12 days out of the month! The sheer thought of going almost half a month without sex as a way to build intimacy is a confusing proposition to make to me especially when linked with when you are having sex to withstand climaxing for 6 days out of the week... if my math is accurate that would mean only two orgasms a month!

All together I would recommend parts of this book to a married couple who have lost the spark and passion for one another, who look at sex as a chore and hurry to finish as quickly as possible.

The book was a short and interesting read.

Laura says

Let's talk about the big bang (or sex)

(Disclaimer: None of this is intended to be offensive to those who practice the kosher way. It is strictly intended to be tongue-in-cheek (or in other places as the subject may necessitate.))

I admit it. I was surfing the channels a few weeks ago and stopped on Dr. Phil who was hosting Shmuley Boteach for his book, "The Kosher Sutra: 8 Sacred Stories for Reigniting Desire and Restoring Passion for

Life.” Intriguing as it was I decided to read it although I was a bit skeptical because, ahem, the book is written by a man.

In Shmuley’s introduction he first unleashes a philosophy of avoiding orgasm, touting a “means-oriented” sexuality borrowed from Eastern and Kabbilistic thought. Perhaps Shmuley has adopted this philosophy to address a practical problem of his own? He proposes that if you learn “to have lovemaking sessions that do not lead to orgasm” then your “entire world changes.”

Ah, Shmuley. Climax is not a zero-sum game. For me, climaxes are like M&M’s. When I have one it does not diminish my want for another. Handfuls are good.

And I’m pretty sure that I know a lot of women who, on a weekly basis, participate in these non-orgasmic sessions and I assure you that it has not changed their worlds for the better. Living in a constant state of preorgasm most certainly has not given them “huge reservoirs of energy.” But isn’t it pretty to think so?

Okay, now we’re on to his first secret of innocence advising to: “Never walk around the bedroom naked...dress modestly in the privacy of your home...don’t take showers in front of him.” Perhaps my home-life is far different from everyone else’s but if I didn’t occasionally walk around the house naked then I would probably never get laid.

His second secret of novelty invokes “the laws of family purity” that mandate twelve days without nudity or what we hope would follow. Is anyone scratching their heads right now? That’s nearly half the month! Isn’t that what the people reading this book are complaining about? That sounds an awful lot like less sex, not more! But it gets better: “A monthly period of sexual separation is even more effective.” A month?! Of course the reunion is erotic; they’ve been sex-starved!

And his third secret of chase advocates joining the kosher club and initiating a period of sexual separation. Well let’s just call that the “work week.” Now you will not have to jot it on your calendar.

Jumping ahead to his seventh secret of unquenchable yearning: “kiss for a full hour before you move on to anything sexual.” No doubt, all of that kissing would be hot. But do any of you have an hour to spare, really?

Read it if you must, it is bound to at least get you horny. But you may find my advice simpler so here it is: sleep naked (truism,) climax often (I jest not), and, throw a cock ring into the mix every once in a while.

Joanna Cordova says

Don't hesitate to read/buy

Worth every penny. There should be a monument to Shmuley somewhere! If men would read this book it would change the world! Read this book whatever the stage of your relationship.

Monique says

I picked up this book after seeing an interview with Shmuley expressing his views on the broken American male. I was intrigued and had high expectations for his work, so my rating may not be entirely fair. He

outlines the principles of attraction and applies them to marriage burn out... almost redundantly. The basic idea behind the book in the intro was great and I would have like to see that tone carried out through more of the book.

Gale says

THE KOSHER SUTRA
Rabbi Schmuley Boteach

“Schmoozwe—Don’t Snooze”

The Sex(y) Rabbi has done it again! This bedroom how-to manual offers unorthodox approaches and whack-job suggestions to improve marital relationships. Having recognized with shock America’s sinking sexual libido, he has zealously rushed to the rescue with a literary Litany to Restore Lust between the sheets.

The author’s Eight Secrets to produce Eroticism—not to be confused with morbid sexual practice--prove fascinating reading: a springboard for discussion, if nothing else, between couples who have lost their appetite for each other. Providing clinical anecdotes from his casebook of couples whose marriages were in danger, he expresses the critical need for passionate sexual rejuvenation.

Preceding these Secrets which he has unveiled before our sex-jaded eyes he expands on the obvious national need for this personal mission to improve the country’s capacity for marital lust. On the warpath to restore underrated Eroticism he despairs of gloomy marital midlife crises. He concludes the Eight Secrets section with detailed descriptions of the traditional sexual practices of Hindus (Tantra) and Jews (Kabbalah). Fascinating reading which will have couples—married or not—thinking about what really turns them each on!

May 31, 2009

Clara says

Boteach is lucid and engaging in his advocacy for capturing the erotic in all aspects of life, albeit wholly unoriginal aside from his orthodox Jewish perspective. But if his messages aren't new (e.g. the ubiquity of sex diminishes its erotic allure; novelty and forbiddenness can figure prominently in arousal; and eroticism applies as much to intellectual curiosity and platonic relationships as it does to the sexual), his vantage point is; and this fact alone adds insight to the underlying themes.

Irene says

This book may come in handy when I have an erotic relationship with more than just chocolate.

I did like Rabbi's thoughts on couples maintaining erotic curiosity about each other to keep things fresh. However, I must object to Rabbi's advice that we follow Leviticus and Deuteronomy. For one, because I don't think any male cross-dresser or drag queen would accept that they are not permitted to dress in female clothing, for example.

Onyinye Ihezukwu says

Great book

This book is an incredible read, with tons of sincere, heartfelt advice for people who want to make stale relationships fresh again. I would definitely recommend this to anyone in search of a deeper meaning to sex and love. Please and please; get yourself a copy and feed your soul. Heavens bless Rabbi S.

David says

subtitle made me think it was about being passionate in general, and I thought it would be some sort of pep talk about midlife crises, but it turns out to be entirely about marital sex lives. A mix of generally good sex therapy practices, weird (to me) reverse sexism ("sexual variety in a woman is erotic, in a man pathetic", e.g.), and rabbinical justifications for one or another recommendation.

Jessie Jellick says

I liked this book, its got lots of interesting ideas but theres just one fundamental thing that doesn't work in it...life! Who has the time, or the energy to put all these practices into place? And....how are you supposed to get a man interested...he clearly says most men are lazy in bed, so hows this book going to change that, its like a workout, mentally, spiritually and physically...every day for the rest of your marital life....hmmmm...its very ideal but not very real!

Liz says

Is it embarrassing that I'm reading this? Nevertheless. . . .

The idea of the book is great, of course, and there is some good advice here, but it has this bizarre tone and seems to be almost entirely male-focused. "Husbands! Walk a few steps behind your wife and see how other men are attracted to her as she walks down the street. Your desire will be ignited!" etc. I am moving on to my next book. . . .

Marcia says

I like his emphasis on the erotic and I really appreciate that he extends his view of the erotic to include all of

life and especially nature. I agree with his assertion that boredom is deadly to eros and that engaging more fully in life and sexuality can be a remedy for that sort of depression that comes from boredom. Some of his specific suggestions seem like they might be helpful in re-igniting the erotic spark, other suggestions seem unfeasible, odd, or just a bit too religious for my taste. The overall idea of this book is inspiring and the specifics are less inspiring.

Douglas Lord says

This follows *Kosher Sex: A Recipe for Passion and Intimacy* (Main Street, 2000) and solidifies Boteach's role as some sort of rabbinical Shmuley Boteach/Annie Sprinkle. The attraction to Boteach, other than his awesomely awesome name, is his unswerving belief in the limitless potential of you – yes, **you!** Within each of us there is “buried treasure,” a magic that opens limitless possibilities and extends to the ‘ol marital bed, where -- with a completely straight face -- he advises us to tear each other apart. Using the Old Testament as a backdrop, Boteach manages to make ‘traditional’ wisdom sound pretty wild as when he uses the commandment (“Thou shalt not covet thy neighbor’s wife”) to imply that you can covet the hell out of your OWN wife. “Lust is holy in marriage,” he writes. “G-d wants us to lust after our spouse, and marriage without lust is a lifeless corpse” (216). And we wouldn’t want our marriage to be that, would we? Kosher has appeal for just about anyone who can accept its ‘traditional’ Judeo-Christian stance, but atheists, polyamorists, and animals are going to have a hard time with Boteach’s frequent fire and brimstone preaching. Stranger than fiction, who knew that Boteach was mench to Jocko The Michael Jackson Tapes: A Tragic Icon Reveals His Soul in Intimate Conversation?

Find reviews of books for men at Books for Dudes, Books for Dudes, the online reader's advisory column for men from Library Journal. Copyright Library Journal.

Sarah Whitney says

I'm a little biased as really I like Shmuley. I've enjoyed many episodes of Shalom in the Home and am a big fan of his work, which is why I had to read this!

Over all I liked the book. Maybe even really liked it. Definitely a good reminder for what helps keep relationships electric, if you know what I mean ;-)

* * * *

The Kosher Sutra
Shmuley Boteach

I believe that these two facts – the instant availability of sex in the cultural marketplace versus its increasing nonexistence in the American bedroom – far from being contradictory are intimately related. The conversion of sex from the highest form of physical intimacy into a marketing commodity designed to move product has purged it of its erotic allure and diluted it to the point where its experience has become uninviting, even unattractive. Sex has lost its potency. It has been miniaturized, trivialized, and has lost its grip on married couples. Worse, eroticism has been vulgarized and cheapened. No longer a pleasurable dream of wild sexual arousal, it is now a pornographic nightmare of misogyny and degradation.

Page 6

Similarly, a woman today can change every part of her face and body with plastic surgery. But the moment a man discovers that her breasts are made of silicon, he will not find her to be as attractive. When nature is manipulated it loses its innocence.

What makes the innocent person so deeply charming and erotic is the openness of their heart. Because their souls are translucent, you can see right through to their essence. Innocent people disarm us. Because they are so natural, they invite us to behave naturally around them as well, allowing for our deepest selves to be manifest.

Page 65

“Nothing could be farther from the truth. We all make mistakes in life. We all do things that we regret. Wrestling with our humanity is the very stuff of living. In life, righteousness is defined not through perfection, but rather through struggle. It is our endeavor to try to do the right thing amid a predilection to do otherwise that makes us unique, not the fact that we always choose the right thing.

Page 71

The benefits of seeing your wife through the eyes of another man need not come about in such tragic circumstances. I often tell husbands and wives to walk together on a beach, walk together down the street, with the husband walking a few steps behind. He sees all the men looking at an attractive woman walking on her own. He is reminded that his wife is not just the mother of his children, but first and foremost a woman. Husbands usually make the mistake of thinking that novelty can only come in the form of staring at bodies of new women, which is why they are so often sexually distracted in marriage. In truth, novelty comes not from seeing new women, but from seeing new men stare at the same woman, your wife. What you require is not a new body, but a new set of eyes.

Page 90

Men need novelty in order to stimulate eroticism. Many husbands pursue the need for eroticism in a sinful fashion by thinking about other women while making love to their wives. Just think about how bizarre this is. Here he is, in the closest physical proximity to his wife, and in his mind he is doing a guest appearance on “America’s Next Top Model.” It is an utter abuse of the relationship. This is utterly unacceptable and is a sin against the intimacy of marriage.

Page 217

I am awash in insecurities, many of which go back to my childhood. I was raised in a home with little stability and I absorbed much of the chaos that surrounded me. So I try to prove myself. I get frustrated because, lacking a secure foundation at the core of my personality, I feel like I’m sinking if I fail. Every professional endeavor is an opportunity to prove that I have value. And if the endeavor fails, then the possibility lurks that I am a failure. So I sweat the small stuff. When you are fighting for your survival, there is no small stuff. It’s all big stuff. And if life doesn’t go according to plan, it tugs at the heart of your existence. The point behind all of this is simple. I refuse to let life bore me. I try to understand myself and thereby heal myself. Life has an erotic, curious quality that I try to grab by the horns.

Page 230