



# **Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To Cook Dinner**

*Pamela Madsen*

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## **Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To Cook Dinner** Pamela Madsen

A funny, sexy, and wildly entertaining look at the rewards of fully realized desire in the life of one ordinary woman.

At 43 years old, Pamela Madsen was happily married to the man she fell in love with at 17. She was the mother of two sons and had a successful career as a nationally known advocate for fertility issues. But she felt a growing sexual restlessness and yearning that wouldn't let up. And though Pamela loved her husband and didn't want to have an affair, she knew deep down that she needed more, much more. In *Shameless*, she tells the story of how she found it—and not only kept her marriage intact but made it stronger than ever.

In this fearless memoir, Pamela tells the story of her search for sexual, personal, and spiritual wholeness. She explores, in riveting detail, what she experienced at the hands of sexual healers, men who brought her untold pleasure (and became her close friends in the process).

But this is not just another sex book: *Shameless* is also an account of how Pamela's journey healed her issues with food and body image and most important, helped her weave the many roles that she played—daughter, friend, partner, mother—into one fully integrated person. It is a story about a woman falling in love with herself and a call to other women to do the same.

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