Freedom Between the Sheets

Reclaiming Your Body, Voice, and Pleasure After Shame

by Jessica Biles

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This book is based on personal experiences, reflections, and insights. It is not intended to replace professional therapy, medical advice, or religious counseling. If you are navigating trauma or seeking support, please reach out to a qualified mental health or medical professional.

About the Author

Jessica Biles is a writer, truth-teller, and story weaver. She uses her own journey—through sex shame, religious deconstruction, healing, and reclamation—to help others feel seen and less alone. With a background in sexual health, storytelling, and deep soul work, she writes for the woman who's tired of shrinking and ready to come home to herself.

You can connect with her at www.jessicaleighbiles.com or follow her writing on Instagram @jessicaleighbiles.

Mr. Sexy—
The one who saw me clearly when I couldn't see myself.
Your love, your grace, and your unwavering presence have made healing possible.
You've shown me what it means to be fully seen, fully known, and still fully loved.
This is for you.
-Twin-Flame

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Introduction

I set out to write a book about sex, shame, and God.

But as I wrote, I realized this book is really about learning to come home to myself.

It's not my full story—it's a collection of moments. Snapshots. Pieces of my journey that helped me uncover the truth hiding underneath everything I was taught. And maybe, while you read, you'll uncover your own truth too.

Because this book isn't just about me. It's about what happens when we stop running from the parts of ourselves that feel too messy, too confusing, or too broken to talk about.

It's about asking big questions we were taught not to ask.

It's about learning to listen to the voice inside us—even when it says something different than the voice we were told was God.

It's about healing.

And healing isn't neat or perfect. It's not a checklist or a final destination. It's messy. Sometimes it's slow. Sometimes it hurts before it helps. But it's always worth it.

I grew up thinking freedom meant following all the rules.

Now I believe freedom is something you choose.

It starts when you stop pretending. It grows when you tell the truth. It deepens when you decide that your story matters.

If you're reading this and wondering if you belong here, let me say it clearly:
You do.

Maybe you're tired of carrying shame that was never yours.
Maybe you've been told your body is wrong, or your questions are dangerous.
Maybe you just want to feel seen, safe, and whole.

Me too.

That's why I wrote this. Not as an expert, but as a fellow traveler.
Someone who's been in the dark and finally found the light switch.

This book is about my journey out of shame and into freedom.
Your path won't look exactly the same. But at the core, I think we all want the same things:

To feel loved.
To feel free.
To feel like we belong in our own skin.

If that's what you're searching for too, welcome.
Let's begin.

Reflection: Introduction

1. What made you pick up this book or keep reading after the first page?
2. What part of the introduction made you feel seen or curious?
3. What are you hoping to discover about yourself as you keep reading?