

How To Create Intimacy In A Relationship

Making Love - Robert Johansen 2017-06-15

Robert Johansen's and Todd Gaffaney's breakout book, *Making Love - How to Create, Enjoy, and Sustain Intimacy*, is a beautifully written, easy to understand, clinically proven concept that teaches the reader how he or she can create and sustain love for their partner. *Making Love* is an extremely important book for today's times, given that a staggering sixty-seven percent of couples married after 1990 are divorced. Ironically, marriage counselors divorce at the same alarming rate as the national average. While these failed relationship statistics are troubling, there is hope for a better tomorrow. Author's Johansen and Gaffaney's research evolved into a groundbreaking and clinically tested model that gives readers the tools to thrive in their marriage or relationship. *What Other Doctors Have Said About Making Love*: The authors have brought a refreshing and new perspective to the difficulties and complexities of the intimate relationship. *Making Love* offers a uniquely inspiring view on how partners can grow love for each other. I highly recommend it. - Sherry Lewis, PhD, LCSW Drs. Johansen and Gaffaney have devised a very powerful model for effectively intervening in couples lives to improve their intimacy. Their model reduces strife while teaching relating partners intimacy-building communication techniques. This book will benefit professional therapists and lay people alike. - Diana Haberland, M.A., Marriage and Family Therapist, Private Practice I had the great opportunity to put the principles contained in this book to a scientific test for my doctoral dissertation. The results of my research were very positive to say the least. But perhaps even more importantly, I have applied these principles with clients in my practice and have seen first hand how effective they are. By offering an organizing perspective on the complex data couples bring to therapy, the model reduces anxiety in clients and treating therapists. The model changes our traditional views on love and marriage. I strongly recommend it. - Ian T. Johansen, PhD, Clinical Psychologist, Private Practice, Author, Private Practice

It Takes Two to Tango - Gary Smalley 1997

Highlighting Gary Smalley's greatest insights on what makes a marriage thrive, this collection of quotes features the perspectives of both he and his wife, Norma--wisdom that will help you create a lasting, loving relationship.

Behind Closed Doors - Shirley Smith 2009

Behind Closed Doors presents radical and evolutionary ways of relating. Shirley's first book, *Set Yourself Free*, is regarded as a classic on co-dependency and compulsive addictive behaviour. It has sold over 60,000 copies Australia wide and continues to sell well today. With hundreds of case histories of Australian marriages, families and break-ups, Smith has been privileged to learn why people's relationships break down. Readers will go 'behind closed doors' to discover their unspoken truths, hidden anger, hurts, resentments and fears that are at the core of their relationship problems. They will also learn what they can do to repair their relationships and build lasting intimacy.

Couple Conversation - Theodore E. Chaffee 2008

Perhaps Mark Twain said it best when he quipped: 'Let's make a special effort to stop communicating with each other, so we can have some conversation.' The differences between male and female communication have complicated relationships as far back as Adam and Eve. These days, advice for overcoming these differences line bookshelves, fill magazines, and dominate talk shows. But while these suggestions may explain what planet your spouse is from or help you spice things up and spend time together, they neglect to address the real problem: how to create intimacy that extends to all aspects of your life together. In *Couple Conversation*, marriage and family therapist Theodore Chaffee shows couples how to create a sensuous, smart, and deeply intimate relationship by building on the four dimensions of the human experience: body, mind, soul, and spirit. With informal explanations, an array of illustrations, and splashes of humor, Chaffee explores each dimension's purpose and helps couples discover new ways to use conversation to confidently develop intimacy in every aspect of their relationship. Whether you're just starting a life together or close to celebrating your golden anniversary, *Couple Conversation* will help you use the simple skills of talking and listening to create connection; build mutual respect; establish satisfying teamwork; and develop deep, dynamic intimacy that will last a lifetime.

Guide to Intimacy - Douglas Weiss 2003-01

Take your marriage from average to awesome in 100 days! Create the spiritual, emotional and physical closeness that you've been hungering for! Identify the roadblocks that keep you from experiencing exciting and satisfying intimate moments with your spouse. Intimacy doesn't need to be illusive! Its time to recognize intimacy for what it is-a loving and life-long process that requires commitment and practice. Realize that God is a true romantic and He definitely is interested in this issue. From Scripture, personal experience and research, Doug Weiss offers a 100-day practical plan that will energize your relationship and create a spiritual, emotional and physical closeness that you have hungered for in your marriage. You'll identify destructive emotional roadblocks the enemy uses to keep you from experiencing wild, abandoned, intimate moments with God and your spouse. Develop a marathon mentality for your relationship and take the next 100 days to fall in love all over again. Inside this book you'll discover: Three stages of sexuality How sexual history creates doubt The importance of owning sin Why to set boundaries in marital dating How to discuss your sexual desires How the internet threatens intimacy What to do with sexual addictions Practical steps to letting go of childhood traumas The healthiest gift you can give to your children

RELATIONSHIP QUESTION FOR COUPLES - Katerina Griffith 2020-12-03

NO matter how good your marriage or relationship might be, communication difficulties can erode your closeness and create misunderstandings and conflict that aren't necessary. As uncomfortable or awkward as it might feel at first, meeting regularly with your spouse or partner to ask questions and learn more about each other safeguards your relationship from painful conflicts. The deep conversations these questions foster also will create a new level of intimacy between you. Questioning is a powerful tool for mutual understanding. I use probing questions as a personal coach to help clients uncover their deeper desires, needs, and fears. A strong question prompts us to search within to uncover the answer, leading to profound moments of self-awareness and inner growth. Within a love relationship, mutual questioning provides these same benefits, but also it allows each partner to participate in the awareness and growth of the other. More important, by actively listening to your partner's responses without judgment or defensiveness, you understand more about his or her motivations, fears, pain, longings, and frustrations. *Questions to Build Intimacy* If you're feeling distant from your partner or spouse, and even if you're not, try taking some time to talk about your answers to the following questions the next time you find yourselves relaxing on the couch or finally stumbling into bed, even if you just go through one or two here and there. You may find that the frank discussions that can result will help you and your partner grow closer and get to know each other even better. Anyone who's in a relationship should know some good questions for couples. ...Because communication is essential to a healthy relationship, with couples who talk regularly enjoying the benefits of a deeper, more intimate and connected relationship. By taking the time to consider important questions for couples, you can strengthen your connection to your partner and avoid unnecessary arguments from misunderstandings. -Why are relationship questions so important? Because... communication is the key to any successful relationship. From dinner conversation to pillow talk, these questions to ask are perfect for connecting with your significant other in a meaningful way. Use these questions for couples to ignite new discussions so you can keep your relationship fresh and exciting. Asking questions in your relationship is one sure way to get to know your partner well. Do not die in silence, ask questions about what you don't understand in the relationship. Even amongst couples, understanding matters, despite how long you both have been together, there are still somethings you might not know about your partner, hence the need to ask questions. Make sure you really pay attention to the answers you get from these relationship questions, and be ready to engage in in-depth discussions. When the lines of communication are open, you have the potential to really strengthen your relationship What are you waiting for?! Scroll Up, Click on the "Buy Now" button!

Emotional and Sexual Intimacy in Marriage - Marcus Kusi 2017-03-09

How to connect or reconnect with your spouse, grow together, and strengthen your marriage - EVEN if you don't know where to start. Do you feel something is missing in your marriage? Do you feel like roommates? Are you worried about drifting apart? Do you ever miss the connection you once had? Do you want to fall "in love" again so you can rekindle intimacy in your marriage? Needless to say, you are not alone. The truth is, we all want to feel loved and desired by the person we have committed to spend the rest of our life with. Somewhere along the journey, life gets in the way; busy schedules, pregnancies, kids, health issues, looming work deadlines, career changes, unexpected life and family events, etc. Your spouse is physically present with you, but it feels like they are miles away. The spark and excitement is starting to wane. You are slowly growing apart. The sad truth is this: Lack of intimacy in marriage can easily lead to resentment, anger, frustrations, feeling neglected, miserable, and even divorce. But, don't give up yet. No matter how hopeless you feel about the state of your marriage, we believe you can rekindle intimacy with your spouse. Because it happened to us too. We used to be just like you, missing that deep connection, meaningful conversations, and excitement we had when we first met. However, we have used what we share in this book to reconnect, grow together, and rekindle intimacy in our marriage; emotionally, intellectually, spiritually, physically, sexually, and much more. As a result, we now have a healthier, happier, sexier, and satisfying marriage. In this book, you will learn how to: 1. Connect or reconnect with your spouse so that you can rekindle your marriage, without breaking your budget. 2. Overcome emotional, physical, and sexual intimacy issues like mismatched sexual desires in the bedroom. 3. Communicate your feelings with courage, even when you are hurt, frustrated, or angry. 4. Create a safe haven so you can be vulnerable with each other without feeling judged. 5. Deal with anxiety about intimacy for yourself or your spouse. 6. The 5 simple things we do every day that has been proven to strengthen intimacy in many marriages; even if you don't have much time. 7. More than 52 conversation starters for deeper conversations, building trust, intellectual and emotional intimacy. 8. The different forms of intimacy every couple needs to know so you can build that intimate connection you both desire. 9. Over 69 simple, yet effective ways to rekindle intimacy, romance, and the passion you once had. Plus, the 30-Day and 12-Month intimacy challenge for couples; which is about practicing intimacy in your marriage every single day. You see, a marriage without emotional and sexual intimacy is bound to be unfulfilling. So, if you want to enhance intimacy in your marriage, rekindle the romance, and have satisfying sex with your spouse, then this book is for you. More importantly, Emotional and Sexual Intimacy in Marriage will change the way you relate with your spouse, live your marriage, and make intimacy a part of your daily life - starting today! Scroll to the top to buy your copy of this intimacy book for couples today. ----- Keywords related to this intimacy book for couples: Intimacy book for couples, emotional intimacy, sexual intimacy, intimacy in marriage, how to reconnect with your spouse, how to connect with spouse, intimacy book for married couples, marriage books, marriage books for couples, newlyweds book, books for couples, marriage help books, relationship help books, relationship books, books for couples, books for married couples, physical intimacy, rekindle marriage, rekindle relationship, rekindle intimacy, intimacy anorexia, fear of intimacy, fear of intimacy, lack of intimacy, forms of intimacy, rekindle romance,

Intimate Couple - Jon Carlson 2013-06-17

As important as intimacy is in our personal and professional lives, intimacy as a theoretical and clinical factor still remains a phenomenon. Contributors to this work examine the many definitions of intimacy, putting forth a provocative discussion of the multi-faceted topic and offering the best possible clinical methods of creating intimacy and addressing its challenges.

From Impasse to Intimacy - David Shaddock 1998

This text identifies the unconscious factors that influence the way people feel and behave in intimate relationships, covering the needs and fears that create and sustain dysfunctional patterns of relating. It illustrates concepts that should help to make relational transformation possible.

If We're Together, Why Do I Feel So Alone? - Holly Parker, Ph.D. 2017-01-03

Harvard University lecturer and clinical psychologist Dr. Holly Parker offers a step-by-step guide for coping with emotionally unavailable partners. Living with an emotionally absent partner can be overwhelming. Constantly overcoming the silent distance can leave you with the sense that the give-and-take in your relationship has disappeared. But even a broken relationship can be reinvigorated. In

helping real-world couples achieve a fulfilling future, Harvard University lecturer and clinical psychologist Dr. Holly Parker has developed a program filled with practical exercises and powerful advice for individuals on both sides of an emotionally damaged relationship. In *If We're Together, Why Do I Feel So Alone?*, Dr. Parker presents her revelatory insights on topics such as: • How to identify unavailable personality types, such as the Critic, the Sponge, the Iceberg, the Emotional Silencer, and the Defender • How to create healthy emotional connections and boost physical intimacy • How to eliminate habits that trigger self-sabotaging behavior With patience, empathy, and willpower, Dr. Parker's program can help you restore balance and peace of mind, and turn your damaged partnership back into a rewarding and joyful bond.

Design Your Relationship - Rachel Toms 2019-12-20

Do you feel misunderstood and disconnected from your partner? Do you want to refresh your relationship but don't know how? Are you worried that it will end? What if a few simple but effective lessons can radically change your view of relationships and help strengthen and deepen them? We can quickly and easily fall in love, but building strong and long-term relationship - that's the challenge for us. As we know: open, honest and safe communication is a foundation stone of a strong and healthy relationship. We all dream of a happy, long-term, harmonious emotional connection" with our partner. However, completely cloudless relationships do not exist. All couples go through crises. Some succeed in overcoming them, and some break up. In these crisis moments, do you feel that you speak a different language and have no idea how it all began? Sometimes, you cannot understand what is happening with your partner, and you cannot find the proper words of support, consolation. You are struggling to find the right way out of the situation but only make it worse, and an avalanche of quarrels and misunderstandings falls on your couple, and you can't stop it. This book was created to provide the necessary tools and explain all your "whats," "whys," and "hows" about mindful and deep relationships. The author's many years of professional experience in helping couples gave her the opportunity to create an effective and, most importantly, affordable technique that will help save love and improve the intimacy of your relationship This book helps you to: - Find key elements of healthy relationships and discover the importance and necessity of a "deep emotional connection." - Show tools for developing and improving your relationships on a consistent basis. - Understand what your partner says and feels. - Provide empowering tools for improving mindful communication and emotional intimacy. - Open incredible opportunities for developing trust in your relationship. This approach has been tested by many couples with incredibly different relationship problems. This book will help you, like hundreds of others, find the missing pieces of your picture of an ideal relationship. If you want to create a healthy and lasting relationship, then scroll up and click the Add to Cart button.

Building Love That Lasts - Clinton Callahan 2019-09-15

"Clinton Callahan is an original thinker." - Marilyn Ferguson, author, *The Aquarian Conspiracy* and *Aquarius Now*, and former editor *Brain-Mind Bulletin*. "For modern seekers, responding to the call for initiation into relationship, here is an open invitation." MALIDOMA SOME, AUTHOR "OF WATER AND THE SPIRIT" It's one of those rare books that will definitely wake you up. I consider it must reading for anyone seriously interested in the path of conscious relationship." -- John Welwood, author of *Journey of the Heart* and *Perfect Love, Imperfect Relationships* This hard-hitting and innovative book about partnered relationship immediately challenges the deceptions about love and intimacy rampant in today's patriarchal culture. At the same time, *Building Love That Lasts* reveals a step-by-step process for discovering and living out alternative possibilities. The author claims that even the best of our relationships are still generally basic level; what he calls "Ordinary Human Relationship." He asserts that two more domains remain to be explored: namely, Extraordinary Human Relationship and Archetypal Love. The book describes exactly how to enter these new domains, and how to stay there long enough to cultivate genuine intimacy, nurturance, excitement and satisfaction together. The material for this book is startlingly original and fresh, directly distilled from over thirty years of trial, error and reevaluation within seminars and trainings conducted by the author in the U.S. and Europe. The essential teaching tools are "Thought-Maps" that illustrate and guide the dynamics of evolving relationship, coupled with a series of experiments/"explorations" to be undertaken alone or with one's partner. Topics include: Making the leap from Defensive Learning to Expansive Learning. Breaking out of the relationship "Box." The lie of being

unlovable. Navigating in the realm of feelings. Communication skills for "explorers."

Relationship Questions for Couples - Katerina Griffith 2019-07-24

No matter how good your marriage or relationship might be, communication difficulties can erode your closeness and create misunderstandings and conflict that aren't necessary. As uncomfortable or awkward as it might feel at first, meeting regularly with your spouse or partner to ask questions and learn more about each other safeguards your relationship from painful conflicts. The deep conversations these questions foster also will create a new level of intimacy between you. Questioning is a powerful tool for mutual understanding. I use probing questions as a personal coach to help clients uncover their deeper desires, needs, and fears. A strong question prompts us to search within to uncover the answer, leading to profound moments of self-awareness and inner growth. Within a love relationship, mutual questioning provides these same benefits, but also it allows each partner to participate in the awareness and growth of the other. More important, by actively listening to your partner's responses without judgment or defensiveness, you understand more about his or her motivations, fears, pain, longings, and frustrations. Questions to Build Intimacy If you're feeling distant from your partner or spouse, and even if you're not, try taking some time to talk about your answers to the following questions the next time you find yourselves relaxing on the couch or finally stumbling into bed, even if you just go through one or two here and there. You may find that the frank discussions that can result will help you and your partner grow closer and get to know each other even better. Anyone who's in a relationship should know some good questions for couples. ...Because communication is essential to a healthy relationship, with couples who talk regularly enjoying the benefits of a deeper, more intimate and connected relationship. By taking the time to consider important questions for couples, you can strengthen your connection to your partner and avoid unnecessary arguments from misunderstandings. -Why are relationship questions so important? Because... communication is the key to any successful relationship. From dinner conversation to pillow talk, these questions to ask are perfect for connecting with your significant other in a meaningful way. Use these questions for couples to ignite new discussions so you can keep your relationship fresh and exciting. Asking questions in your relationship is one sure way to get to know your partner well. Do not die in silence, ask questions about what you don't understand in the relationship. Even amongst couples, understanding matters, despite how long you both have been together, there are still somethings you might not know about your partner, hence the need to ask questions. Make sure you really pay attention to the answers you get from these relationship questions, and be ready to engage in in-depth discussions. When the lines of communication are open, you have the potential to really strengthen your relationship Buy the Paperback version and get the Kindle Book versions for FREE What are you waiting for?! Scroll Up, Click on the "Buy Now" button!

Creating the Intimate Connection - Daniel Beaver 2010

Early in his career, Dan Beaver discovered that people were never taught how to develop an intimate relationship. We are taught how to read, how to write, drive, play sports, and use a computer. But nowhere in our society are we taught how to develop or maintain an intimate relationship. Most of us learned from TV shows. Some generations were taught by Ozzie and Harriet Nelson or Ward and June Cleaver. Other generations learned from their favorite soap operas, or maybe The Waltons, Cliff and Clair Huxtable, Roseanne, Friends, or 7th Heaven. We now have Desperate Housewives, The O.C., and a multitude of reality shows. Almost everyone learns something about intimacy from their parents, but few had the luxury of learning good skills. Most of us have not. In working with thousands of couples over the past 34 years, Dan heard a common theme from almost everyone: upon committing to a lifelong relationship (marriage, etc.) they were totally unprepared for knowing how to develop and maintain an intimate relationship that lasts a lifetime. Because of his desire to help people, Dan developed a process that enables everyone to create the relationship of their dreams. He delivers information that addresses a major need and fulfills our desire for details on how to have greater fulfillment in an intimate relationship. His passion is to help people; his style is powerful, straightforward, warm, and engaging.--Cover page 4.

RELATIONSHIP QUESTIONS FOR COUPLES - Katerina Griffith 2022-04-20

No matter how good your marriage or relationship might be, communication difficulties can erode your closeness and create

misunderstandings and conflict that aren't necessary. As uncomfortable or awkward as it might feel at first, meeting regularly with your spouse or partner to ask questions and learn more about each other safeguards your relationship from painful conflicts. The deep conversations these questions foster also will create a new level of intimacy between you. Questioning is a powerful tool for mutual understanding. I use probing questions as a personal coach to help clients uncover their deeper desires, needs, and fears. A strong question prompts us to search within to uncover the answer, leading to profound moments of self-awareness and inner growth. Within a love relationship, mutual questioning provides these same benefits, but also it allows each partner to participate in the awareness and growth of the other. More important, by actively listening to your partner's responses without judgment or defensiveness, you understand more about his or her motivations, fears, pain, longings, and frustrations. Questions to Build Intimacy If you're feeling distant from your partner or spouse, and even if you're not, try taking some time to talk about your answers to the following questions the next time you find yourselves relaxing on the couch or finally stumbling into bed, even if you just go through one or two here and there. You may find that the frank discussions that can result will help you and your partner grow closer and get to know each other even better. Anyone who's in a relationship should know some good questions for couples. ...Because communication is essential to a healthy relationship, with couples who talk regularly enjoying the benefits of a deeper, more intimate and connected relationship. By taking the time to consider important questions for couples, you can strengthen your connection to your partner and avoid unnecessary arguments from misunderstandings. -Why are relationship questions so important? Because... communication is the key to any successful relationship. From dinner conversation to pillow talk, these questions to ask are perfect for connecting with your significant other in a meaningful way. Use these questions for couples to ignite new discussions so you can keep your relationship fresh and exciting. Asking questions in your relationship is one sure way to get to know your partner well. Do not die in sile

40 Forms of Intimacy - Alex A. Avila 2015-06-19

Relationships are complex. Sometimes couples don't know what went wrong or how to begin fixing it. And people's perceptions about the quality of their romantic relationships strongly affect many other areas of their lives. So, the most important relationship is always worth investing in. Intimacy is more than sexual engagement. This intimacy guidebook helps couples: -Expand their awareness of couple intimacy -Build intimacy fluency as they pay attention to their connection -Experience a deeper sense of closeness in their relationship. Single people as well as couples who are just launching their relationship, who have been together many years, and who feel distant and stuck in conflict cycles will all benefit from this groundbreaking approach to learning the DNA of healthy, intimate relationships! The 40 Forms of Intimacy book provides a realistic, strengths-based approach to help couples become and stay closely connected in the specific ways that work for them. Readers will learn how to live the language and lifestyle of intimacy and experience oneness through a variety of expressions. There is no specific pathway that applies to all relationships. Since everyone responds differently to the various expressions of love and intimacy, the insights found throughout this book are designed to help couples personalize their bond rather than following a prescribed list of steps. The author has identified 40 significant areas that couples face together including trust, sex, finances, communication and many more, all of which provide multiple opportunities each day to leave couples feeling either distant or connected. This in-depth examination of couple intimacy will help couples draw awareness to the many ways they are already connecting. And they will learn many new areas in which they can enhance their couple intimacy. "Knowledge and familiarity are knowing about. Intimacy is knowing throughout. Intimacy is an ongoing process of knowing each other and sharing life together." - Alex A. Avila It is inevitable that couples will drift apart if they do not take regular steps to enrich their connection. But as they begin paying attention to and shaping their connection, they can feel a genuine sense of hope in creating and enhancing a deep relationship bond that lasts a lifetime! Even couples who feel incompatible can shift from a seemingly hopeless romance to a realistically hopeful romance. And reading this book as an individual will still help! Sometimes relationships can experience significant positive change with only one partner choosing to do something differently. Written by an expert couples therapist passionate about helping couples connect, 40 Forms of Intimacy is packed full of rich insights that address the reality of major relationship issues. With over 200 Connection

Points(TM), couples can put into action their preferred Forms of Intimacy to begin changing their relationship reality right away!

Too Close For Comfort - Geraldine K. Piorkowski 2007-10-10

Countless experts offer us advice on how to create the "perfect relationship," fostering the unrealistic expectation that forming an intimate bond will be a painless experience. Unfortunately, few experts are willing to confront the powerful challenges and emotions inherent within close relationships today. In contrast to other intimacy books, *Too Close for Comfort* vividly describes the surprising dangers, damage to self-esteem, inadequacies, and immaturities that characterize the contemporary state of romantic intimacy. *Too Close for Comfort* compassionately explores the risks and misunderstandings that occur within many intimate relationships. Romantic partners tend to hurt each other not only by insensitivity and neglect, but also by criticism, abuse, and betrayal - most of which spring from insecurity. Dr. Piorkowski, a noted consulting psychologist and educator, focuses on the vulnerability both partners experience in intimacy due to the emergence of strong, unrealistic needs that are almost impossible to satisfy. The author contends that people avoid the perils of intimacy by donning one or more defensive "masks" - ranging from acting superior to mysterious, comical to withdrawn, self-sufficient to dependent - in an effort to protect themselves from emotional exposure. Presenting a fascinating range of clinical examples, she sensitively depicts the fears of intimacy that limit contact, namely psychological concerns about loss of control or autonomy, feelings of disappointment and abandonment, or of being attacked and made to feel guilty. Depicting women's reliance on verbal expression to achieve an emotional connection versus men's dependence on physical contact, Dr. Piorkowski brilliantly elucidates the complex barriers to intimacy, especially the chasms of misunderstanding created by vast sexual differences and attitudes. While this book is unique in its exposition of the dangers in intimacy, its message is not pessimistic.

The Power of Discord - Claudia M. Gold 2020-06-02

This "profoundly wise" look at how to foster connections, attachment, and resiliency explains why working through discord is the key to better relationships. (Sue Johnson, bestselling author of *Hold Me Tight*) You might think that perfect harmony is the defining characteristic of healthy relationships, but the truth is that human interactions are messy, complicated, and confusing. And according to renowned psychologist Ed Tronick and pediatrician Claudia Gold, that is not only okay, it is actually crucial to our social and emotional development. In *The Power of Discord* they show how working through the inevitable dissonance of human connection is the path to better relationships with romantic partners, family, friends, and colleagues. Dr. Tronick was one of the first researchers to show that babies are profoundly affected by their parents' emotions and behavior via "The Still-Face Experiment." His work, which brought about a foundational shift in our understanding of human development, shows that our highly evolved sense of self makes us separate, yet our survival depends on connection. And so we approximate, iteratively learning about one another's desires and intentions, and gaining confidence in the process as we correct the mistakes and misunderstandings that arise. Working through the volley of mismatch and repair in everyday life helps us form deep, lasting, trusting relationships, resilience in times of stress and trauma, and a solid sense of self in the world. Drawing on Dr. Tronick's research and Dr. Gold's clinical experience, *The Power of Discord* is a refreshing and original look at our ability to relate to others and to ourselves.

A Lifetime of Love - Daphne Rose Kingma 1998-02-01

Collects the author's thoughts on creating intimacy, appreciating union, and recognizing transcendent moments

Men Who Can't be Faithful - Carol Botwin 2009-06-27

Botwin presents the first book that shows a woman how to tell if her man is cheating, whether it is possible for him to change and how to create a more intimate relationship based on trust. Sound and realistic advice from a well-known columnist for *New Woman* magazine.

How To Create Intimacy In A Relationship:

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