

## Our Intimate Relationships

**The Story of WE** Dimitra Doumpiotti 2021-04-17 "Smart, well-written, a refreshing encounter with new ideas." --Boris Cyrulnik, Best-selling author of Resilience and Talking of Love. "If the couple is a 'sentimental organism,' as I like to call it, Dimitra Doumpiotti describes its anatomy and its physiology, making it worthy of scientific exploration. Reading the book and following her ideas, we will learn about the unique poetry of every couple emerging as a chant, derived from the struggling of internal and external forces, where the voices of I's and of the WE are smoothly blended. Please, take a seat, the 'WE' is on the stage and the drama involves all of us." --Maria Laura Vittori, Professor of Psychology, Guglielmo Marconi University, Rome "A new conceptual approach, brilliantly explained, and widely applicable. Indispensable book." --Alberto Gimeno, PhD, Associate Professor for Family Business, ESADE Business School, Barcelona Love may be the blindest spot of our civilization. We talk, write, and sing about it, live for it, die for it, and yet love does not directly inform the way we structure our society. We have managed to digitally connect the whole planet but still struggle when it comes to understanding how our relationships work. In this ground-breaking new synthesis of psychological theory, psychotherapy expert Dimitra Doumpiotti brings a fundamental expression of human life into the spotlight: the couple. Drawing on decades of psychological research, training, and clinical practice, she provides insight into the workings of this unique bond and sheds light into questions relevant to all: What makes romantic relationships so important, powerful, special, or painful to those who experience them? How come we feel trapped in them so often, and why do attempts at communication fail so frequently? How can we preserve our bonds while pushing one another to become the best versions of ourselves? How do external factors, third parties-and the world in general-impact couples, and in what ways the human society may be defined by our most intimate relationships? You will find an abundance of insight on such questions in these pages. This book will not only change the way you view couples but will transform and enhance your understanding of all human relationships. "A decisive step forward in the work of relational therapists, Doumpiotti shifts the discourse of intimate relationships to the WE, the couple as an entity in itself, endowed with its own voice and special ability to influence every life that it touches."--Luigi Cancrini, M.D, Professor of Psychiatry, La Sapienza, Rome. "A true page turner that will make you understand relationships from a whole new perspective and take them to the next level. A book you'll find yourself referring back to again and again." --Nina Frerich, PhD, Clinical Psychologist "Using a simple yet powerful conceptual framework, Doumpiotti reconciles classic and modern theories. A fascinating and inspiring book." --Elena Galatsopoulou, PhD, Couple and Family Therapist

**Love and Intimate Relationships** Norman M. Brown 2013-06-17 Using a style that draws students into the ongoing inquiry into how intimate relationships work, Love and Intimate Relationships investigates the life cycle of relationships influences that affect them, theories behind them, and ways to improve them. Dozens of stories from students themselves, case examples and over 150 tables, figure, and the cartoons of Don Edwing of Mad Magazine help bring the material alive. The book is also unique in exploring aspects of human relationships not covered in other textbooks on the subject. Love and Intimate Relationships helps bring the complex issues surrounding intimate relationships into focus for students from diverse backgrounds. The multidisciplinary perspective of the textbook makes it ideal for introductory courses in psychology, marriage counseling, human relations, and sexuality, and interpersonal relationships

*Intimate Partners* Maggie Scarf 2010-12-15 "Anyone involved in, embarking on, or yearning for, an intimate relationship should buy, borrow or steal Intimate Partners." --New Woman What goes on in our intimate attachments? What patterns of relationships do couples tend to follow, and why? The bonds we create affect every aspect of our lives, and yet our grasp of them is limited by our emotional reactions and learned responses. Now, in

Intimate Partners, bestselling author Maggie Scarf gives us the classic book on marriage—on how love relationships are formed and how they change over the course of the marital cycle. Here you'll discover • how to understand one's inherited emotional history—and how fits with a partner's • the fascinating ways in which power and control, and intimacy and autonomy exert strong effects upon the kind of partnership two people create • surprising observations on the role of sex and the impact of children on marriage • why change can be experienced as a form of betrayal—and how to ensure that a relationship matures with, and is not impeded by, each individual's growth • simple exercises that couples can do to resolve tensions and change the nature of the world they share • verbal and physical techniques to cope with sexual difficulties and enliven a couple's connection during sex • straightforward methods for how to engage in healthy—not dysfunctional—quarrels Intimate Partners is a book that changes not only how we view love relationships, but also how we live them. "Every marriage contains a story, and it begins long before the wedding, Maggie Scarf tells us in her ambitious, thought-provoking . . . ultimately compelling study. . . . Read it and feel consoled." -USA Today "Listen to Maggie Scarf . . . and you'll come away thinking that yes, marriage can be tough, living long-term with another person is one of the greatest challenges there is, but it's well worth the effort." -Chicago Tribune "Provocative . . . Scarf writes lucidly and convincingly." -The Washington Post Book World

**Intimate Relationships and Social Change** Christina L. Scott 2017-09-20 This multidisciplinary volume provides a unique and truly global collection of research on the nature of dating, mating, and coupling, as they occur across a variety of cultures in dynamically shifting societies.

*The Psychology of Love and Hate in Intimate Relationships* Katherine Aumer 2016-07-01 Social psychology has made great advancements in understanding how our romantic relationships function and to some extent, dissolve. However, the social and behavioral sciences in much of western scholarship often focus exclusively on the more positive aspects of intimate relationships--and less so on more controversial or unconventional aspects. The goal of this volume is to explore and illuminate some of these underrepresented aspects: aspects such as non-monogamy, female orgasm, sadism, and hate, that often function alongside love in intimate relationships. Ultimately, by looking at intimate relationships in this way, the volume contributes to and advocates for a more holistic and comprehensive view of intimate relationships. Throughout the volume, contributors from social, clinical, and evolutionary psychology cover love and hate from a variety of (sometimes opposing) perspectives. The first section, covers love and the changing landscape of intimate relationships. Its chapters review the current literature and research of understudied topics like non-monogamy, female orgasm, sexual fantasies, and the viewpoint of love as something other than positive. The second section explores hate and how hate can operate in intimate relationships--for example, the appearance of sadistic behavior and debates the nature of hate as either a motivation or emotion. The volume concludes, by looking at ways in which the appearance of hate in relationships can be dealt with and overcome successfully. Taken together, these two sections reflect the full variety of experiences within intimate relationships. With the aim of exploring how love and hate can—and frequently do—work together, *The Psychology of Love and Hate in Intimate Relationships* is a fascinating psychological exploration of intimate relationships in modern times. It is an invaluable resource to academics and students specializing in psychology, gender, and sociology, including clinicians and therapists, and all those interested in increasing our knowledge of intimate relationships.

Intimate Relationships Thomas N. Bradbury 2019-12 Current and diverse: a perfect match for today's student

Sex, Love and the Dangers of Intimacy Helena Lovendale 2002 Case studies offer insight into how to make relationships work. Each chapter contains such exercises as breathing exercises, making a timeline of the relationship, and thoughts to ponder.

**Intimate Relationships** Sharon S. Brehm 1985

**Relationship Held Captive** David Schwartz 2017-08-06 While we may not always realize it, many of our relationship and intimacy issues come from negative experiences in our past. When we are upset with our partner, it is often not about the present situation, but something that happened long

ago. Many times we break up our relationships not because we couldn't make things work, but because we never saw the person for who they were. We were too busy reliving our own past hurts and pain. It is these emotional reactions that overwhelm us and cause us to lash out at the people in our lives. We do this not because of something they did, but something that reminded us of a painful event from our past. "Relationship Held Captive" explores what it means to be held captive by our emotions. We discover how to tell the difference between making choices for our lives and being overwhelmed by emotions that stop us from getting what we want. If you feel you keep dating the same type of person over and over again that doesn't work in your life, or if you can't seem to trust people enough to create intimacy with them, this is the book for you. It shows how so many of us get caught by our emotions. It shows why they are so powerful. Most importantly, it shows what we can do to not be ruled by them. It's a book designed to help us regain control of our lives so we can have more honest, caring, and intimate relationships.

*Intimate Relationships* Tai J. Mendenhall 2021-07-13

**The Almost Perfect Marriage** Stephanie Dowrick 2007-10-01 Australia's foremost self-help author shares her wisdom on marriage and how people can achieve an 'almost perfect' relationship. Get your relationship right and you're on your way to happiness.

**Intimacy and Solitude** Stephanie Dowrick 2021-01-05 Social distancing under COVID has thrown us more deeply into our intimate relationships, and kept us achingly apart from family, friends and others. Stephanie Dowrick's classic *Intimacy and Solitude* is the wise guide we need to help us find our personal ground, whatever challenges we face. 'I love this book. It's full of exactly the kind of soulful wisdom the world is crying out for right now.' - Magda Szubanski 'Compassionate, honest, fearless . . . Stephanie Dowrick's writing amazes me.' - The Hon Kristina Keneally The quality of your personal relationships has never mattered more. It isn't enough to have lots of friends on social media. Or to give 'everything' to work hoping that will validate your existence. When familiar certainties are dissolving, we need to give and receive closeness and understanding to feel fully alive. But how do we open to others in a world that can seem harsh, indifferent - and unpredictable in the extreme? *Intimacy and Solitude* starts with the most fundamental relationship of all: how you understand and care for your own self - knowing this will inevitably be reflected in your most essential relationships. Using her exceptional gifts as a storyteller, as well as decades of work with people of all ages, orientations and cultures, Dr Stephanie Dowrick brings to life profound and persuasive insights to transform self-trust - and your life with others. This edition includes a new introduction to bring the book up to date. 'This is a book that can save your emotional life.' - Subhana Barzaghi, psychotherapist and Zen Roshi 'So needed at any time, and especially today.' - David Leser, *Women, Men & the Whole Damn Thing* 'Since I was a teenager, Stephanie Dowrick's work has been absolutely central to my understanding of the possibility of happiness.' - Clare Bowditch, musician and author

**Beyond Boundaries** John Townsend 2012-08-15 A CBA bestselling author -- How do you know you're ready to trust again... and what does it take to be ready? Painful relationships violate our trust, causing us to close our hearts. But to experience the freedom and love God designed us for, we eventually have to take another risk. In this breakthrough book, bestselling author Dr. John Townsend takes you beyond the pain of the past to discover how to re-enter a life of intimate relationships. Whether you're trying to restore a current relationship or begin a new one, Townsend gives practical tools for establishing trust and finding the intimacy you long for.

**Intimate Relationships** Wind Goodfriend 2020-07-30 Recipient of a 2021 Most Promising New Textbook Award from the Textbook & Academic Authors Association (TAA) *Intimate Relationships* provides students with a comprehensive understanding of the science behind relationships using a modern approach. Award-winning teacher and author Wind Goodfriend integrates coverage of family and friendship relationships in context with research methods, open science, theories, and romantic relationships so that readers can learn about all types of relationships and their interactions, including conflict and the dark side of relationships. The text supports today's students by frequently applying relationship theories to examples that

can be found in popular culture, helping students see how psychology can apply to the world that surrounds them. Included with this title: The password-protected Instructor Resource Site (formally known as SAGE Edge) offers access to all text-specific resources, including a test bank and editable, chapter-specific PowerPoint® slides.

**Intimacy** Lynn Jamieson 1998-02-04 Are personal relationships deeper and more intimate than ever before or are they increasingly empty and structured by selfish individualism? This exciting new book examines the question in a wide-ranging discussion of the nature of intimacy, focusing on key relationships between parents and children, families, sexual partners, couples and friends.

Xandy's Choice Belinda Johnson-Mitchell 2016-11-10 Choosing a spouse is one of the most important decisions one will ever make. Therefore, it is equally important and very vital that we make the right choices when it comes to our intimate relationships. "Xandy's Choice" is a fictional journey in self-discovery where YOU, the reader, will help a professionally successful young lady choose a mate for a committed relationship and eventually-marriage. In order to do this...you must draw upon the personal relationship skills that you use or have used when choosing an intimate partner. Fasten your seatbelts and enjoy the ride. Who knows? You just might surprise yourself!

**The Spirit of Intimacy** Sobonfu Some 2000-01-05 A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully, she reveals the role of spirit in every marriage, friendship, relationship, and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the "illusion of romance," divorce, and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure, preparing a ritual space for intimacy, and the connection between sex and spirituality. Her ideas are intuitively persuasive, provocative, and healing--and supported by sound practical advice, along with specific rituals and ceremonies based on those used for thousands of years. With this book, the spiritual insights of indigenous Africa take their place alongside those of native America, ancient Europe, and Asia as important influences on Western readers. A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully, she reveals the role of spirit in every marriage, friendship, relationship, and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the "illusion of romance," divorce, and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure, preparing a ritual space for intimacy, and the connection between sex and spirituality. Her ideas are intuitively persuasive, provocative, and healing--and supported by sound

practical advice, along with specific rituals and ceremonies based on those used for thousands of years. With this book, the spiritual insights of indigenous Africa take their place alongside those of native America, ancient Europe, and Asia as important influences on Western readers.

*Being Intimate* John Amodeo 1986

*The Intimacy Factor* Pia Mellody 2009-10-13 In her first book in over 10 years, Pia Mellody—author of the groundbreaking bestsellers *Facing Codependence* and *Facing Love Addiction*—shares her profound wisdom on what it takes to sustain true intimacy and trusting love in our most vital relationships. Drawing on more than 20 years' experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes them work. Using the most up-to-date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy. This invaluable resource helps diagnose the causes of faulty relationships—many of them rooted in childhood—and provides tools for readers to heal themselves, enabling them to establish and maintain healthy relationships.

**A Relationship Is a Living Thing** Russell Crescimanno 2009-04 Many marital relationships that dissolve could survive, and even thrive, if the couple realized that there is an art and science to love and intimacy, and were willing to learn and practice it. This involves learning how to experience the difference between our ego and our Self. Quieting the mind through meditation, using methods both traditional and "home made," is the key to this experience. It is the felt sense of the deep Self within that moves us to choose to be kind or considerate when our egos would have us behave otherwise. When we extend ourselves in friendship, a genuine fondness for one another begins to grow which then nurtures the soul of our relationship. Cultivating these qualities promotes deep, spiritual partnership and long term intimacy. This book offers both principles and practices for those who feel they may be ready to engage this kind of soul-centered learning. Russell Crescimanno, Ph.D., is Professor Emeritus at Piedmont Virginia Community College. He has been teaching courses in sociology for forty years. One in particular, called *Marriage and Family Relations*, became his passion as both his personal life and the climate of the culture regarding marriage and divorce changed over time. He has also been a student and practitioner of the science of meditation and Self realization for twenty years. This work has complemented his specialization in the sociology of knowledge and his desire to understand how society shapes human consciousness, and therefore our relationships. Motivated by the growing divorce rate in the country, the painful stories of so many students who come from "broken" homes, and the dissolution of his first two marriages he has been increasingly invested in learning what it takes to keep love alive - and what we now know is sure to deaden it.

**The FACTS of Love** Rhona Schwartz 2019-07 *The F.A.C.T.S. of Love* is a relationship workbook for singles, couples or anyone stuck in a deadlocked relationship cycle of hurt and frustration. With the *F.A.C.T.S. of Love*, you will learn what the possibilities are for your lifelong success and fulfillment in a relationship. Once we decide to become conscious and intentional about applying these principles and concepts within ourselves and our intimate relationships, they will begin to transform us in subtle, but deeply penetrating ways. *The F.A.C.T.S. of Love* is not the only answer to your relationships worries and woes, but it is one of most realistic and transformative answers for our modern relationship challenges today. *The F.A.C.T.S.* will help you learn how to grow and experience greater joy, love, fulfillment and passion. They are the keys to rapidly transforming your intimate relationship from how it is now to how you really want it to be.

**Love and Society** Swen Seebach 2017 *Love and Society* discusses the meaning and importance of love for contemporary society. Love is not only an emotion that occurs in our intimate relationships; it is a special emotion that allows us to relate to each other in a lasting fashion, to create out of our individual pasts a shared past, which enables us to project a shared future. With rich empirical data, an analysis of love's transformation in modernity, and a critical engagement with classical and contemporary theorists, this book provides a lively discussion on the meaning and



importance of love for today's society.

*You Are the One You've Been Waiting For* Richard Schwartz 2023-11-23 'A must read' - Esther Perel 'My relationship bible' - Gabby Bernstein 'Releases our capacity to be fully alive in relationships' - Bessel van der Kolk Most loving relationships fail, not because of communication or empathy breakdown, but because we unknowingly burden our partner with the task of caring for disowned and unloved parts of ourselves, our 'internal family'. Building on the revolutionary Internal Family Systems model of therapy, Dr Richard Schwartz reveals how to reconnect and foster a healthy dialogue with your wise and compassionate 'Self' and your partner. *You Are the One You've Been Waiting For* will equip you with the essential tools needed to build trust and connection with the one you love.

**Intimate Relationships** Mavis Klein 2013-09-27 If human life, as the author argues, is a constant and desperate bid to compensate for our mortality, then the desire to love and to be loved is our greatest imagined panacea against the fact of our death. In modern Western society our problems have changed: now, with our stomachs full, our need to feel we are struggling to survive has become increasingly focussed on a growing dissatisfaction and insecurity in our personal relationships. Drawing on her 35 years' experience as an individual and group psychotherapist, Mavis Klein here elaborates her original theory of five basic personality types, ten compound types, and fifteen ways in which the basic types interact with each other in our relationships to others. She clearly elucidates the behaviours that disguise our often self-induced pains, and how these pains can be transmuted into our greatest talents and joy. This book addresses the reality of the world we are so often unwilling to accept: the irrational and violent world of shame, doubt, guilt, fear, love and hate.

**How To Make Your Relationship Work** Anne Geraghty 2016-01-28 Falling in love is not something we actively do; it happens. Once in love, however, there's a lot we can do to keep that love healthy, fulfilling and very much alive. In fact one of the most powerful ways to improve the quality of our love lives and relationships is to take care of the love itself. This book describes how to find out what your relationship needs and how to provide for those needs in a series of practical exercises. It also explains why there are fights and difficulties in every relationship, and why frequently, the more deeply we have fallen in love, the more intense the conflict. This book also tells you how you can use the struggles of a relationship to discover more about your own love and what it needs. Learning how to love and be loved is one of the greatest adventures we humans can undertake. *How to Make Your Relationship Work* is an original and valuable guide on this journey.

*Heartbrokers* Charles Stephen Fossett, III 2005-09 *Heartbrokers* takes a rational approach to romantic love and intimate relationships. This book is both controversial and practical. Many individuals have attested to the dramatic effects the application of Heartbroker's principles have had in their marriages. *Heartbrokers* covers practically all aspects of personal relationships. Specifically, *Heartbrokers* includes chapters on love addiction, sex, cheating, breaking up, closure, compromise, selfishness, and much more. *Heartbrokers* also explores how technology is destroying our intimate relationships. *Heartbrokers* investigates non-conventional, yet rational, ways of responding when your lover is unfaithful, logical ways to approach sex, and how to gain closure to a previous breakup. Additionally, this book shows us how compromise eventually erodes an otherwise happy union. The readers of *Heartbrokers* will learn to, not only feel love, but to think love also. Those who apply the principles contained in *Heartbrokers* will have the necessary tools to help them avoid most relationship pitfalls and possibly prolong their relationships. *Heartbrokers* is more than a self-help book. *Heartbrokers* is a book that will prompt self-revelation and self-actualization.

**Our Intimate Relationships** Ollie Pocs 1994

**Trans People's Partnerships** Tam Sanger 2010-08-04 As intimate lives become more public, and discussions of gender and sexuality more complex, there is a need to rethink how we engage with our own perceptions and identifications with respect to intimacy. This book explores whether our

intimate desires are limited by social norms and expectations, and if so what we might be able to do about it.

*Transformation through Intimacy, Revised Edition* Robert Augustus Masters, Ph.D. 2012-03-06 A comprehensive guide to intimacy through greater self-awareness—for those who want more loving, passionate, and liberating monogamous relationships Intimate relationship has long been viewed and lived as a lesser alternative to spiritual life. More recently, the need to integrate our spiritual and intimate lives, rather than maintaining separate spheres and relationships on autopilot, has become increasingly apparent. Given the high rates of infidelity and divorce, it would seem that the possibilities of freedom through intimacy have not been explored in much depth. Too often we pull away when relationships become difficult, missing out on the rewards of connecting more profoundly. The passage from immature to mature monogamy is not only a journey of ripening intimacy with a partner, but also a journey into and through zones of ourselves that may be very difficult to accept and integrate with the rest of our being. Transformation through Intimacy explores intimate relationships through a four-stage lens: me-centered, we-centered codependent, we-centered codependent, and being-centered. Bringing his many years of experience as a psychotherapist and spiritual practitioner to the subject, relationship expert and integral psychotherapist Robert Augustus Masters shows readers not only how to navigate the thickets of reactivity, conflict, shame, anger, fear, and doubt, but how to understand them in a new light so that a deeper level of relating to oneself and one's partner becomes possible, opening new levels of trust, commitment, and love.

Perfect Love, Imperfect Relationships John Welwood 2005-12-27 While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most—in our intimate relationships. Why if love is so great and powerful are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives? In this book, John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives. Perfect Love, Imperfect Relationships begins by showing how all our relational problems arise out of a universal, core wounding around love that affects not only our personal relationships but the quality of life in our world as a whole. This wounding shows up as a pervasive mood of unlove—a deep sense that we are not intrinsically lovable just as we are. And this shuts down our capacity to trust, so that even though we may hunger for love, we have difficulty opening to it and letting it circulate freely through us. This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace our humanness and appreciate the imperfections of our relationships as trail-markers along the path to great love. It sets forth a process for releasing deep-seated grievances we hold against others for not loving us better and against ourselves for not being better loved. And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves. Written with penetrating realism and a fresh, lyrical style that honors the subtlety and richness of our relationship to love itself, this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world.

*Love--The You, the Me, the Us* Robert O'Connor 2015-04-01 People use the word "love" in so many ways that it often becomes meaningless. If you "love" pizza" and "love" your wife-do you mean the same thing? Is you wife really covered with cheese and pepperoni? When you say "I love you" to another person do you mean-"I want you for myself alone," "I want you for what you do for me," or "I want to help you to be the best you can be." There is nothing more important for most of us than to be in a loving, nurturing relationship. Survey after survey shows that a strong relationship is the most important factor in most peoples' minds. Today, with our varying vocational and recreational interests, our smaller families-that are often many miles removed from where we live, and the all too common break-ups of relationships we once thought were solid-we need strong human bonds to secure what most psychologists feel is our most basic human need-LOVE. Whether we opt for a traditional heterosexual marriage, a same sex marriage, or merely living together in a relationship that is not registered with the state-our needs and responsibilities are similar. It is not only the

changing of society that erects hurdles in our path to happiness, it is the crunch of time pressures from our often self-inflicted busy schedules that impinge upon our most basic psychological need. Perhaps if we understand a bit more in detail of the forces that move within us and the forces that our environment bombards us with, we may be able to sort the wheat from the chaff and create a life that is truly satisfying—a life that takes seriously our need to develop and live a LIFE of LOVE.

**Radical Intimacy** Zoë Kors 2022-04-12 A narrative guide and practical methodology for nurturing and sustaining our relationships with ourselves, others, and the world. “With intimacy as the foundational principle of our existence, we can build a life based on what we truly need, not what we think we need or have been told we need. By embracing the practice of radical intimacy, I can confidently promise my readers a personal revolution of self-acceptance, appreciation, vitality, and confidence. And without fail, mind-blowing, soul-stirring, earth-shattering sex follows.”—Zoë Kors Part practical guide, part client stories, part personal narrative, Zoë Kors draws on her experience as a sex and intimacy coach, thought leader, and relationship writer in sharing her powerful and practical methodology for nurturing and sustaining our intimate relationships over time. She addresses the essential truth that is almost universally missed in discussions of sex and intimacy: We can meet each other only to the extent that we can meet ourselves. Kors guides the reader on a five-part journey through nine areas of opportunity for deepening intimacy with themselves, their partner, and their world, inviting them to embrace emotional, physical, and energetic self-mastery, which is required to skillfully relate with others. At the conclusion of each part, there are a collection of experiential exercises which support the reader in embodying the concepts they’ve just read. Voice-driven, accessible, and with the right amount of tough love, *Radical Intimacy* takes the mystery out of human connection. From academia and science to mysticism and self-development, Kors delivers a rich and varied understanding of human sexuality and intimacy through the lens of the body, brain, heart, spirit, and culture.

*I Love You, but I Hate Your Politics* Jeanne Safer 2019-06-11 Since the election of Donald J. Trump, political differences have been ravaging our personal relationships like never before. This already widespread phenomenon will continue to grow unless we can learn to fight it. Drawing from fifty interviews with politically-mixed couples and her own experiences as a die-hard liberal happily married to a stalwart conservative, Dr. Jeanne Safer offers us a path forward in this practical guide to maintaining intimate relationships in our increasingly divided world. The book is part relationship guide, part anthropological study, and it's sure to educate and entertain anyone who has felt the strain of political differences on their personal relationships. No matter which side of the fence you're on, Dr. Safer offers frank, practical advice for salvaging and strengthening your bonds with your loved ones. *I Love You But I Hate Your Politics* is required reading for any politically-minded friend, relative, or significant other in the Trump era.

*Enchanted Love* Marianne Williamson 2013-12-17 Three of Marianne Williamson's previous bestsellers -- *A Return to Love*, *A Woman's Worth*, and *Illuminata* -- explored the issue of relationships. Now, in this deeply personal collection of essays, prayers, and self-reflection, she turns to romantic love. In *Illuminata*, Williamson wrote that "we experience God to the extent to which we love, forgive, and focus on the good in others and ourselves." Now, in *Enchanted Love*, she writes that "enchanted partnership begins with the conscious understanding, on the part of two people, that the purpose of their relationship is not so much material as spiritual, and the internal skills demanded by it are prodigious." High romance, she says, "is not about past or future. It is not about practicality. It is not about society or worldly routines. It is an audacious ride to the center of what is, at the heart of every person. It is a bold and masterful inquiry into what two people really are and how we might become, while still on earth, the angels who reside within us."

*The Evolution of Intimate Relationships* Casa Futura Technologies 2002



Out of Touch Michelle Drouin 2022-02-01 A behavioral scientist explores love, belongingness, and fulfillment, focusing on how modern technology can both help and hinder our need to connect. A Next Big Idea Club nominee. Millions of people around the world are not getting the physical, emotional, and intellectual intimacy they crave. Through the wonders of modern technology, we are connecting with more people more often than ever before, but are these connections what we long for? Pandemic isolation has made us even more alone. In *Out of Touch*, Professor of Psychology Michelle Drouin investigates what she calls our intimacy famine, exploring love, belongingness, and fulfillment and considering why relationships carried out on technological platforms may leave us starving for physical connection. Drouin puts it this way: when most of our interactions are through social media, we are taking tiny hits of dopamine rather than the huge shots of oxytocin that an intimate in-person relationship would provide. Drouin explains that intimacy is not just sex—although of course sex is an important part of intimacy. But how important? Drouin reports on surveys that millennials (perhaps distracted by constant Tinder-swiping) have less sex than previous generations. She discusses pandemic puppies, professional cuddlers, the importance of touch, “desire discrepancy” in marriage, and the value of friendships. Online dating, she suggests, might give users too many options; and the internet facilitates “infidelity-related behaviors.” Some technological advances will help us develop and maintain intimate relationships—our phones, for example, can be bridges to emotional support. Some, on the other hand, might leave us out of touch. Drouin explores both of these possibilities.

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.

*Personal Relationships and Intimacy in the Age of Social Media* Cristina Miguel 2018-11-11 This book examines how intimate relationships are built, negotiated and maintained through social media. The study takes a cross-platform approach, analysing three social media platforms of different genres - Badoo, Couchsurfing and Facebook - and exploring two interactive forces that shape the way people communicate through social media: the platforms' architecture and policies, and actual practises of use. Combining analysis of the political economy of social media with users' perspectives of their own practises - as well as exploring the tensions between the two - the book provides a detailed picture of intimacy as a complex structure of continuity and change.

The Arc of Love Aaron Ben-Ze'ev 2019-06-11 Is love best when it is fresh? For many, the answer is a resounding “yes.” The intense experiences that characterize new love are impossible to replicate, leading to wistful reflection and even a repeated pursuit of such ecstatic beginnings. Aaron Ben-Ze'ev takes these experiences seriously, but he's also here to remind us of the benefits of profound love—an emotion that can only develop with time. In *The Arc of Love*, he provides an in-depth, philosophical account of the experiences that arise in early, intense love—sexual passion, novelty,

change—as well as the benefits of cultivating long-term, profound love—stability, development, calmness. Ben-Ze’ev analyzes the core of emotions many experience in early love and the challenges they encounter, and he offers pointers for weathering these challenges. Deploying the rigorous analysis of a philosopher, but writing clearly and in an often humorous style with an eye to lived experience, he takes on topics like compromise, commitment, polyamory, choosing a partner, online dating, and when to say “I love you.” Ultimately, Ben-Ze’ev assures us, while love is indeed best when fresh, if we tend to it carefully, it can become more delicious and nourishing even as time marches on.

Woman to Woman Daniela Granzotto 2012-03-01 An exploration of the bonds that play a central role in women’s lives and which are critical for a woman’s sense of identity and emotional well-being. For the modern woman, the need for love and acceptance from another has never been more important. Finding true love, however, has never been more fraught with challenge and adversity. You may have experienced infidelity, had a partner who fails to respect your boundaries, or felt deeply sad and lonely in your marriage. You could also be a woman who has a strong desire to marry but can’t find your soul mate. In *Woman to Woman* you will read about others who have experienced such challenges, as well as those who were able to find fulfillment in their romantic relationships. In their own words, they talk about marriage, sex, infidelity, divorce, and single life. Entwined within their stories, Dr. Daniela Granzotto discusses critical issues that characterize a healthy intimate relationship. With frankness and warmth, Dr. Granzotto shares her expert knowledge and insight—woman to woman—to empower you with a better understanding of yourself and your love life.

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