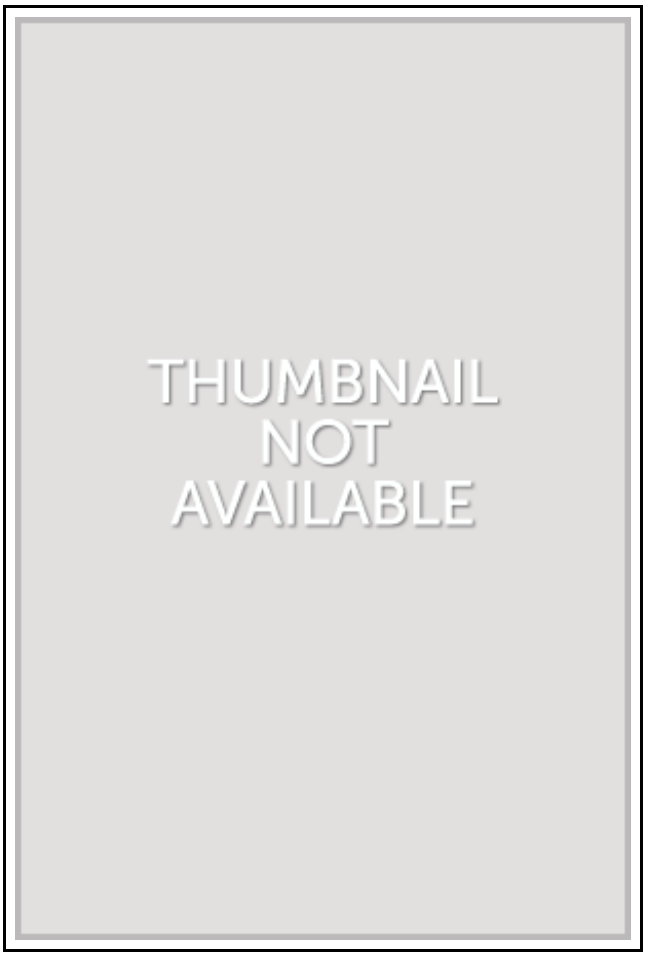
Naked Intimacy: How to Increase True Openness in Your Relationship (Paperback)



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Reviews

Very good eBook and valuable one. Better then never, though i am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication.
(Brianne Heidenreich)

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McGraw-Hill Education - Europe, United States, 2002. Paperback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Moving from indifference to passion in love relationships each of us longs to be loved and accepted for the person we truly are. Love relationships, at their best, provide an opportunity to discover and nurture our authentic selves. Ironically, our need for validation - or fear of rejection - is often so strong that we become guarded from the most important person in our lives: our love partner. The soul-baring intimacy and willingness to know and be known that made the beginning of love so passionate and exciting is instead replaced with feelings of apprehension, loneliness, and alienation. We may wonder if it is possible to regain genuine connection. Written by a leading couples therapist, Naked Intimacy illuminates the true meaning of intimacy and shows us how to achieve and maintain it over the long term.Joel D. Block, Ph.D., a renowned psychologist with three decades of experience working with couples, examines the many factors that hold us back from real love. He offers concrete ways to overcome the fears that keep us from communicating honestly and staying emotionally connected with our partner, and he explains how to avoid wasting time and energy trying to change or fix each other. Joel D. Block, Ph.D., is a clinical psychologist specializing in treating couples, a Diplomate of the American Board of Professional Psychology, and an assistant clinical professor of psychiatry at Albert Einstein College of Medicine. A senior psychologist on the staff of the Long Island Jewish Medical Center, he has written fourteen books and has appeared on several TV shows, including all of the national morning news shows. Dr. Block lives in Huntington, New York.

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