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Levels of Intimacy: Pursuing Connections to Lasting Relational Depth (Paperback)

By Shawn L Edwards

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Levels of Intimacy is a book designed to unveil the complexities of why relationships oftentimes fail and how to implement practical techniques that will foster abiding relational intimacy with your partner. This book focuses on four basic aspects to intimacy. These areas are: intimacy of the heart, spirit, mind, and body. The key to developing relational depth and uncompromising commitment is finding meaningful ways to connect with your partner on these crucial intimate levels. Not only will couples benefit from this book, singles will also become aware of how past hurts, lack of trust, shame, and fear of rejection create barriers to experiencing satisfying relationships. It offers concrete examples of how others have struggled and overcome obstacles in developing intimacy. Complete with exercises that partners can do together, this book is sure to bring couples closer on a much deeper level. These exercises are designed to challenge individuals toward growth, and assist them in becoming physically, emotionally, mentally, spiritually, and sexually connected to their spouse. Through great information, real life examples, and practical tools, the readers will learn how to create a...



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