

Fear Of Intimacy

I'd Like You More If You Were More like Me takes on one of life's most important questions: How can I get closer to God and other people? We were created for deep connections. When people have deep connections, says John Ortberg, they win in life. When they don't have deep connections, they cannot win in life. I'd Like You More if You Were More like Me offers help in overcoming one of the biggest obstacles to making deep connections: the fact that we're so different. Different from God and different from each other. The good news is that connectedness is not based on similarity, but on shared experiences. When one person invites another to share an experience, they're connected. It can be sharing a beautiful sunset or a meal, having a great conversation over cup of coffee, going for walk, or even teasing somebody. And when we share those same experiences with God, we get closer to him, too. God wants to connect with us—so much that he sent his son to live as a human being. God took on flesh and shared every human experience. So we don't have to wonder what a close relationship with God looks like anymore. An intimate relationship with God and other people doesn't have to be a cliché, it can be a daily way of life.

Janet Woititz, mother of the recovery movement, sensitively addresses the barriers of trust and intimacy that children learn in an alcoholic family. She provides suggestions for building loving relationships with friends, partners, and spouses.

A Proven, Step-By-Step Method To Overcome Fear Of Intimacy For Life Once And For All In the past somebody or some incident had made us not trust people in our life and that is really ruining our relationship going forward. This past baggage can only be overcome when we objectively analyse it. There are a lot of people who are afraid of commitment, not because they are not trustworthy or they want to take advantage but because they are afraid or fearful of the consequences. And because of this reason they are hesitant to take next step in their life. Fear of intimacy need to be identified and rectified as soon as possible otherwise we will be lonely and maybe treated as somebody who lacks the backbone to take decision in our life. This book goes into step by step method to learn why this issue happens in the first place and how to overcome it. All we require is certain strategy once we admit that we have this issue. Here Is A Preview Of What You'll Learn... Chapter 1: Intimacy: Wanting it vs. Fearing it Chapter 2: The Two Other Fears Underlying Intimacy Anxiety: Rejection And Engulfment Chapter 3: Up-Close With Fear Of Intimacy Anxiety: Causes, Signs And Symptoms Chapter 4: Tips To Overcome Your Fear Of Intimacy Much, much more! Purchase your copy today! Take action right away to Overcome Intimacy Fear by purchasing this book "Fear Of Intimacy: The Ultimate Guide To Overcome Fear Of Intimacy For Life". Tags: Intimacy, Intimacy fear, overcome intimacy fear, fear of intimacy, how to overcome fear of intimacy, overcome fear of intimacy, how to love and be loved, should i trust somebody, how to trust, how to not lose faith in relationship,--

Explores the human ability to trust, and argues that people must develop trust in four directions, including toward themselves, toward others, toward life as it is, and toward a higher power or spiritual path in order to maintain healthy relationships and experience emotional well-being.

When it comes to finding love, are you standing in your own way? Daring to Love will help you identify the internal barriers that cause you to sabotage your love life, open yourself up to vulnerability, and build the intimate, lasting relationship you truly desire. After a breakup, most of us spend a lot of time thinking long and hard about what the other person did to cause it, rather than reflecting on ourselves. It seems self-evident that we want our romantic relationships to work, and that love and long-term commitment are our ultimate goals. But what if our desire for love is actually not as straightforward as our emotions make us believe? What if, instead of pursuing love, we are unconsciously pushing it away? In Daring to Love, Tamsen and Robert W. Firestone offer techniques based in Robert Firestone's groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help you understand how you are getting in your own way on the quest for true love. Love, the Firestones argue, makes us vulnerable and triggers old defenses we formed in childhood, causing us to sabotage our relationships in myriad subtle—and not-so-subtle—ways. Using the voice therapy strategies in this book, you will be able to identify your own defensive patterns and uncover the destructive messages your critical inner voice is telling you about yourself, your partners, and your relationships. If you're struggling to cultivate lasting relationships, this book can help you embark on your next romantic journey with more openness and self-knowledge.

Do you have a hard time making meaningful connections? Your partner called you insecure, desperate, or jealous? Is a common refrain in relationships, and with good reason! ??? Buy the Paperback version and get the Kindle Book versions for FREE ??? Every person is wired for love differently, with different habits, needs, and reactions to conflict. Healthy relationships require trust, intimacy, effective communication, and understanding... No matter how committed you are, anxiety can leave you feeling distanced from your partner. By changing the way you react to stress, you will be able to focus on enjoying time with the one you love, without anxiety getting in the way. With this book, you will learn to stay centered when faced with conflict, understand your partner's perspective, and become more independent. Inside Anxiety in Relationship, we will talk about: Understanding Anxiety Insecurity Relationship Attachment Style Jealousy in Marriage Fear of Abandonment Conflict in Relationship Advice for Couples Possessiveness With self-awareness, you can successfully explore old anxiety-perpetuating perceptions and habits without being overwhelmed or paralyzed by them. By understanding the psychological factors at the root of your attachment anxiety, you will learn to cultivate secure, healthy relationships to last a lifetime. Anxiety in Relationship is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships. The concepts included can be applied to any relationship, whether your partnership is weeks, months, years, or decades old. Regardless of your compatibility the health of your relationship will ultimately be determined by your willingness to invest in its future success. If you are ready to break the self-fulfilling cycle of mistrust, clinginess, and heartbreak and start building lasting, trusting relationships, this book will be your guide. Now, scroll up, click "add to cart" and start your journey to a better relationship !!! ??? Buy the Paperback version and get the Kindle Book versions for FREE ???

"The Snowball Effect is a powerful book with incredible insight." -Laura Contreras-Rowe, award-winning author of Aim High: Extraordinary Stories of Hispanic & Latina Women "I highly recommend this book...the lessons provide specific and precise tools for people wanting to clear out the negative and learn to focus on the positive gifts in life." -Marney A. White, PhD, MS, Associate Professor of Psychiatry, Yale University School of Medicine "Enjoy it. Live it. Share it." -William P. Magee Jr., DDS, MD, Cofounder-CEO Operation Smile. "The Snowball Effect offers a unique perspective on what it takes to move forward through life in the most productive and positive way" -Chrisanna Northrup, New York Times bestseller, author of The Normal Bar Imagine Imagine feeling

inspired, motivated, and hopeful about your situation and your future. Imagine being able to let go of resentment, harsh self-judgments, and explosive reactions. Imagine having better relationships with others. Imagine having the courage to face your fears and live your dreams without becoming overwhelmed. Imagine living every day with gratitude, being able to fully appreciate the moment. That's the snowball effect in action! This book is about improving and building self, one baby step at a time.

Are you afraid of or unable to create intimacy or closeness with your intimate partner? Do you find that sometimes you create emotional, communicative, or even physical distance from that special someone in your life, even when, deep down, you really don't want to? If so, you share the relationship style psychologists refer to as the distancer. Distancers are often afraid of being engulfed or controlled by their partners. They fear rejection, vulnerability, and dependence. Sadly, they also tend to have short and unhappy relationships. If you want to stop running from love in your life, this book offers a simple, step-by-step approach you can use to move beyond your fear of intimacy and start building strong and lasting relationships. The exercises and self-evaluations in the book will help you become aware of how you operate in romantic relationships. You'll review and reassess your relationship patterns, deciding what changes you want to make in future relationships. Then you'll commit to actions that can make it happen. The growing number of cancer survivors presents a new challenge to generalists and specialists involved in their care. Prior cancer treatments may compound known comorbidities or contribute to future health risks. The ultimate success of cancer treatments ultimately depends on the meticulous management of post-cancer care, and this requires a clinical workforce that is engaged and ready. Cancer survivorship has now become recognized as an independent field of research and clinical practice. This new concise guide is intended for cancer clinicians as well as generalists and specialists who meet cancer survivors in their practices for routine check-ups or specialized consultations. With an expanding population known to have complex medical, psychosocial and emotional needs, we hope this book sparks interest and provides answers for those involved in their care.

In *Fear of Intimacy*, the authors bring almost 40 years of clinical experience to bear in challenging the usual ways of thinking about couples and families. They argue that relationships fail not because of the commonly cited reasons but because of psychological defenses formed in childhood that act as a barrier to closeness in adulthood. Written in clear, jargon-free language, *Fear of Intimacy* shows how therapists can help couples identify and overcome the messages of the internal "voice" that foster distortions of the self and loved ones. Related issues such as interpersonal ethics and the role of stereotyping are also discussed. The authors' innovative approach will be of interest to therapists and couples alike.

Why We Suffer is the amazing story of what mainstream psychology has failed to teach the world. The author, Peter Michaelson, is a former journalist and science writer who has been in private practice as a psychotherapist for more than 25 years. This book reveals how we hide from our awareness--through resistance, denial, and psychological defenses--the existence of a hidden flaw in our psyche. This unconscious, mental-emotional processing dysfunction is a grave danger to each of us personally and to all of us collectively. Through our defense system, we cover up awareness of this inner dysfunction. This flaw in human nature produces irrationality, self-defeat, and negative emotions. It gets the best of us only when we fail to become conscious of it. When we expose it, we begin to remedy the problem. When this flaw no longer contaminates our inner life, we feel, just for starters, our goodness and our value more fully, and we're more respectful of the goodness and value of others. Most of us have problems or challenges we would like to resolve. Collectively, we also have challenging national and worldwide problems that need to be corrected. We may not be up to these challenges if we're not conscious enough of our inner dynamics. Handicapped by a lack of self-knowledge, how can we trust ourselves to avoid conflict and self-defeat? We will fail repeatedly to learn from history. A lot of good ideas are in circulation for making ourselves and the world a better place. But good ideas aren't enough in themselves. This hidden flaw can keep good ideas from being acted on because it compels us, at best, to be indecisive, confused, and prone to dissension. At worst, it produces self-defeat and self-destruction. This negative effect consistently trumps our good ideas and best intentions. This book reveals essential knowledge that humankind has been reluctant to accept. This knowledge involves our hidden, unconscious collusion in producing self-defeating emotions and behaviors. The key to taking charge of our life involves seeing more clearly than ever how our emotional nature is processed within us.

Stephen King's legendary debut, the bestselling smash hit that put him on the map as one of America's favorite writers "Gory and horrifying. . . . You can't put it down." —Chicago Tribune Unpopular at school and subjected to her mother's religious fanaticism at home, Carrie White does not have it easy. But while she may be picked on by her classmates, she has a gift she's kept secret since she was a little girl: she can move things with her mind. Doors lock. Candles fall. Her ability has been both a power and a problem. And when she finds herself the recipient of a sudden act of kindness, Carrie feels like she's finally been given a chance to be normal. She hopes that the nightmare of her classmates' vicious taunts is over . . . but an unexpected and cruel prank turns her gift into a weapon of horror so destructive that the town may never recover.

A sexual and marital therapist explains how to achieve emotional, sexual, and personal fulfillment and intimacy with one's partner in a committed relationship. Tour.

Lose weight. Act confident. Play hard to get. This approach to dating doesn't lead to love, it leads to insecurity and loneliness. In *Deeper Dating*, psychotherapist Ken Page offers a new path to finding meaningful and lasting relationships. Learn how to attract people who love you for who you really are, become more self-assured and emotionally available, and lose your taste for relationships that diminish your self-esteem. With exercises, practical tools, and inspiring stories, *Deeper Dating* will guide you on a journey to find the love—and personal fulfillment—you long for.

Communication, Intimacy, and Close Relationships offers an account of the nature of intimate relationships and their effects on people's self-concepts. The development and maintenance of intimate relationships are examined, along with people's motives and goals in pursuing intimacy; the nature of social exchanges in intimate relationships; and the consequences for individuals who find themselves socially isolated. The critical role of communication in intimate

relationships is given emphasis. Comprised of seven chapters, this book begins with a discussion on the role of self-disclosure in intimate relationships as well as the risks that individuals incur when they self-disclose. The next chapter presents a cognitive interaction model of the nature of intimacy and intimate relationships within the context of cognitive-social learning theory and a systems theory approach to communication. The effect of people's motives on relationships is then considered, together with the role of two fundamental human motives - power and intimacy - on love and friendship. The remaining chapters focus on the importance of the identification process - that is, how people fix their own and others' identities in social interaction - in developing relationships; patterns of nonverbal exchange in close relationships; how and why loneliness occurs; and the nature of social exchange processes in intimate relationships. The book concludes with an epilogue that provides a perspective on why people may find it difficult or easy to form intimate relationships. This monograph should be a valuable resource for psychologists and sociologists.

Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful, open to joy, and open to giving and receiving love. Margaret Paul, coauthor of *Healing Your Aloneness*, explores how abandonment of the inner child leads to increasingly negative and destructive feelings of low self-worth, codependence, addiction, shame, powerlessness, and withdrawal from relationships. Her breakthrough inner bonding process teaches us to heal past wounds through reparenting and clearly demonstrates how we can learn to parent in the present. Real-life examples illustrate the dynamics of the healing process and show the benefits we can expect in every facet of our lives and in all our relationships. *Inner Bonding* provides the tools we need to forge and maintain the inner unity that makes our family, sexual, work, and social relationships productive, honest, and joyful.

God has created each of us with a need to love and be loved, to know and be known by others. Intimacy will guide you in enjoying the fulfillment of closer relationships with your family, your friends, and your heavenly Father.

A licensed marriage and family therapist and YouTube personality, Kati Morton answers the most commonly asked questions about mental health, including when to get help and where to find it. Get answers to your most common questions about mental health and mental illness -- including anxiety, depression, bipolar and eating disorders, and more. *Are u ok?* walks readers through the most common questions about mental health and the process of getting help -- from finding the best therapist to navigating harmful and toxic relationships and everything in between. In the same down-to-earth, friendly tone that makes her videos so popular, licensed marriage and family therapist and YouTube sensation Kati Morton clarifies and destigmatizes the struggles so many of us go through and encourages readers to reach out for help.

This book combines attachment theory and research with clinical experience to provide practitioners with tools for engaging with individuals who are indifferent, avoidant, highly defensive, and who struggle to make and maintain intimate connections with others. Composed of four papers presented at a Wimbledon Guild conference in 2017, this text examines the origins of avoidant attachment patterns in early life, describes research tools that offer a more refined understanding of this insecure attachment pattern, explores the internal object worlds of "dismissing" adults, and considers the impact on couple relationships when one or both partners avoid intimacy or dependency. Each chapter contains case studies with children and families, adolescents, adults and couples that acknowledge the challenges of engaging with these "shut down" individuals, with authors sharing what they have learned from their patients about what is needed for effective psychotherapy. It is an accessible book full of clinical richness and insight and will be invaluable to practitioners who are interested in deepening their understanding and clinical skills from an attachment perspective.

Therapeutic exercises to help couples nurture patience, forgiveness, and humor.

If you want to overcome the emotional or physical intimacy issues in your relationship or marriage, then this book is for you! What happens when someone in a relationship won't allow the other to get too close? Naturally, you can expect major problems to arise from this kind of situation. It also doesn't help when the person who has fear of intimacy cannot explain to the partner why he or she won't let the other person come any closer. Moreover, people with this disorder may or may not be aware of the fact that they are creating barriers in their relationship. As a result, keeping the relationship in a healthy state is almost impossible. The person being held at a distance may feel confused and left out, and will eventually feel dissatisfied with the whole relationship. Whether you're the one with a fear of intimacy, or whether it's your partner who has the intimacy issues, the good news is that there are things that can be done to overcome this relationship-crippling problem. Thanks to more and more scientific research, psychologists are beginning to understand more about the disorder, and how people can get beyond the barriers that they have placed in their own relationships. This book will share many useful tips on how you and your partner can deal with the fear of intimacy and thus, create a long-lasting and meaningful relationship for many years to come.

Intimacy generally refers to the feeling of being in a close personal association and belonging together. Everybody is afraid of intimacy. It is another thing whether we are aware of it or not. Intimacy means exposing yourself before a stranger. We are all strangers -- nobody knows anybody. We are even strangers to ourselves, because we don't know who we are. This talk by Osho is an invitation to discover who you are.

Do you seek a healthy romantic relationship, but continue to find yourself repeating the same negative behaviors that may have ended your relationships in the past? Have you already identified destructive patterns, yet continue to repeat them despite your desire for a strong and lasting romantic relationship? If so, you are not alone. *Relationship Saboteurs* is an easy-to-follow guide that will help you identify and end your relationship-destroying tendencies once and for all. The book explores the ten most common relationship-undermining behaviors and shows you how to overcome them. By understanding and addressing the patterns that erode romance, you can learn to stop sabotaging your love life and prepare yourself for the healthy romantic relationship you deserve. Learn to overcome these toxic emotions and behaviors: •Insecurity •Needing to control •Fear of intimacy •Needing to win •Pessimism •Needing to be center stage •Addictions •Martyrdom •Defensiveness •Breaking trust

Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life--or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss

changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. *Fierce Marriage* is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

This guide outlines the steps women, as well as men, can take to strengthen good relationships and heal difficult ones. It is also available on two 90-minute audio-cassettes from HarperAudio.

Fear of Intimacy Amer Psychological Assn

Parenting for Social Change transforms the dominant view of childhood and challenges readers to move beyond control as a tool for ensuring children grow up to be healthy and responsible adults.

Marriage is all about sharing: sharing space, sharing joys and sorrows, sharing hopes and dreams. Yet we often hold back a part of ourselves because we fear that being wholly transparent--about our past, our desires, our failures, our faults--will bring judgment, rejection, or even just unwanted friction to our relationship. We are afraid to be fully known. As a result, we never experience being fully loved. *Fierce Marriage* authors Ryan and Selena Frederick think your marriage deserves better. In this new, paradigm-shifting book, they show you how to develop a see-through marriage, one that is marked by full transparency and confident vulnerability. Through personal stories, testimonies from other couples, and biblical truth, they make the case that living authentically in front of each other is the only way to experience love the way we were designed to. If you desire an honest, no-holding-back marriage where you are fully known, fully accepted, and fully loved, you need this book.

Introduces the theory of adult attachment as an advanced relationship science that can enable individuals to find and sustain love, offering insight into the roles of genetics and early family life in how people approach relationships.

This book gives readers a suspenseful and intimate glimpse into a couple's life, as they wrestle with the thorns that pierce their idealistic bubbles and strive to regain the comfortable rhythm of emotional intimacy they had when they fell in love. The story is told through Rick's eyes in his personal therapy of three years after his wife walks out on an attempt at couples therapy. As he grows in therapy he addresses his own and his wife's fear of intimacy. The story moves from a narrative of husband and wife to therapy sessions where one of ten fears of intimacy is addressed and a solution offered.

This handbook brings together the latest thinking on the scientific study of closeness and intimacy from some of the most active and widely recognized relationship scholars in social and clinical psychology, communication studies, and related disciplines. Each contributing author defines their understanding of the meaning of closeness and intimacy; summarizes existing research and provides an overview of a theoretical framework; presents new ideas, applications, and previously unstated theoretical connections; and provides cross-references to other chapters to further integrate the material. *The Handbook of Closeness and Intimacy* will be of interest to researchers, practitioners, and students from social, clinical, and developmental psychology; family studies; counseling; and communication.

Emotions link our feelings, thoughts, and conditioning at multiple levels, but they may remain a largely untapped source of strength, freedom, and connection. The capacity to be intimate with all our emotions, teaches Robert Augustus Masters, is essential for creating fulfilling relationships and living with awareness, love, and integrity. With *Emotional Intimacy*, this respected therapist and author invites us to explore: How to deepen our emotional literacy and become intimate with all our emotions The nature of emotional disconnection and what to do about it How to identify our emotions, fully experience them, and skillfully express them Illuminating, resolving, and healing old emotional wounds Gender differences in emotional intimacy and expression Steps for bringing greater emotional intimacy and depth into our relationships In-depth guidance for those facing depression, anxiety, and shame Why "blowing off steam" may make us feel worse, and the nature of healthy catharsis The difference between anger and aggression, shame and guilt, jealousy and envy Individual chapters for fully engaging with fear, anger, joy, jealousy, shame, grief, guilt, awe, and the full spectrum of our emotions There are no negative or unwholesome emotions—only negative or harmful things we do with them. Through real life examples, exercises, and an abundance of key insights, Masters provides a lucid guide for reclaiming our emotions, relating to them skillfully, and turning them into allies—to enrich and deepen our lives.

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,

One of the greatest spiritual teachers of the twentieth century shares his wisdom about building loving relationships in *Intimacy: Trusting Oneself and the Other*. "Hit-and-run" relationships have become common in our society as it has grown more rootless, less tied to traditional family structures, and more accepting of casual sex. But at the same time, there arises an undercurrent of feeling that something is missing—a quality of intimacy. This quality has very little to do with the physical, though sex is certainly one possible door. Far more important is a willingness to expose our deepest feelings and vulnerabilities, with the trust that the other person will treat them with care. Ultimately, the willingness to take the risk of intimacy has to be grounded in an inner strength that knows that even if the other remains closed, even if that trust is betrayed, we will not suffer any permanent damage. In this gentle and compassionate guide, Osho takes his readers step-by-step through what makes people afraid of intimacy, how to encounter those fears and go beyond them, and what they can do to nourish themselves and their relationships to support more openness and trust. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Based on 28 years of research into the problem of resistance, this book offers a consistently developed hypothesis centering around the concept of the "Fantasy Bond, " an illusion of connection originally formed with the mother and later with significant others in the individual's environment.

In *Sex and Love in Intimate Relationships*, Firestone and his co-authors help therapists help their clients. Drawing on their forty years of combined clinical experience and a unique longitudinal study of couples and families, they propose that sexual problems are largely related to defenses acquired through painful childhood experiences. In accessible language and through the liberal use of case material from therapy sessions, the authors show how clients can be helped to overcome these challenges and become physically and emotionally closer to their partners.

Dr. Stevens' research identifies specific learnable beliefs and skills--not general, inherited traits--that cause people to be happy and successful.

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