

If your love relationship is lacking intimacy, this book shows how to work through the psychological issues you may have that are keeping you distant from your partner. You can also learn about why your partner may be avoiding intimacy, and what to do about it. If you've had blocks to intimacy in past relationships, the book will help you prepare to have greater closeness in future ones. You will learn about the different patterns of avoiding intimacy, the fears that drive them, and the childhood wounds behind them. You will learn how to work through your unconscious fears of closeness. You will identify the aspects of intimacy you want to develop, and you can engage in a life practice for embracing them. The book includes an online workbook for setting up this practice and tracking it as you engage in it with your partner. We also provide an online community for people who are reading the book so you can find a buddy to support you in following through on this practice. This includes online discussions and phone meetings where you can share your struggles and triumphs with others who are dealing with the same issues.

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