

[PDF] Intimacy & Desire: Awaken The Passion In Your Relationship

David Schnarch, Dr. David Schnarch P.h.D - pdf download free book



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Description:

Many couples begin marital counseling with Dr. David Schnarch with their sex lives in shambles, wondering what's wrong with them, considering divorce. One partner will complain that the other doesn't desire him, the other complains that she's married to a sex maniac. During his 30 years in practice as a marriage and family therapist, Dr. Schnarch has discovered that sexual desire

problems are normal and even healthy, in committed relationships. In *Intimacy and Desire: Awaken the Passion in Your Relationship*, Dr. Schnarch explains why couples in long term relationships have sexual desire problems, regardless of how much they love each other or how well they communicate. Through case studies of couples he worked with, Dr. Schnarch shows why normal marital conflict can be the cause of desire problems and creates a roadmap for how couples can transform marital conflict into a stronger relationship and a font of new and powerful desire for each other. He takes it a step further, giving readers simple but effective exercises that will help them reconnect with each other.

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