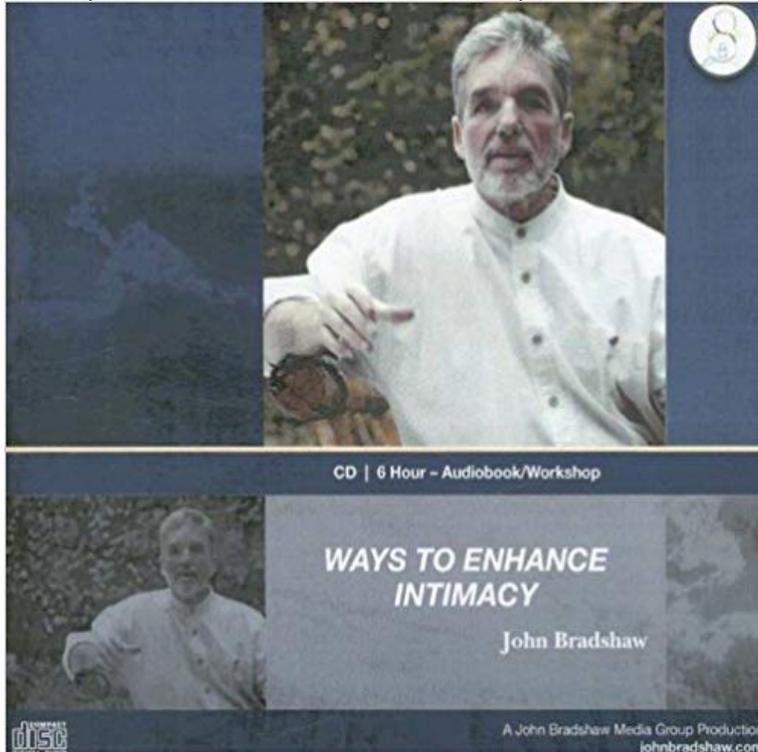


Ways to Enhance Intimacy



In this intense lecture 6 hour audiobook lecture series on CD **WAYS TO ENHANCE INTIMACY**, by John Bradshaw offers his perspectives on ways to enrich and enhance interpersonal relationships. This revealing lecture series explores relationships relevant to issues pertaining to power, control, sharing feelings and honesty. John Bradshaw offers hope and concrete ways to enhance intimacy and to stay connected in your life.

There are five simple ways to increase intimacy and feel closer to your husband or wife than ever before, and they extend beyond just having sex. Keep the passion alive in your marriage by making time for intimacy. Being intimate with one another helps keep things fresh and blossoming. Intimacy makes life worth living. The more of it the better. It's not unusual for long-term couples to fall out of sync in the bedroom. Everything from kids, work, and, well, life can get in the way. So how do you do it? What if I told you that by not having sex you can actually increase the intimacy in your relationship? You're probably thinking, Hold on a minute! Life has a way of becoming fast, busy, and routine. In the course of living our lives we may take our relationship for granted. We need to take the time to nurture it. **Physical Intimacy.** Make your good-bye, hello and good night kisses last ten seconds every day. Hold hands while you watch TV, when you're out on a date, in the car, on your walks, and as you fall asleep at night. Give each other a long hug every day, for no other reason than just to hug. Increasing intimacy in marriage is something that every married couple should strive for. Intimacy is not easily achieved and you and your spouse must be willing to work on it. There are choices you can make that will not only improve your relationship, but can turn a failing relationship into a successful one. Intimacy goes beyond the physical connection you can get through sexy time in the bedroom. **7 Subtle Ways To Build Intimacy In Your Relationship** Thank you consistently and often will help strengthen your relationship. Whether you'd like to increase intimacy, find a thoughtful way to say I love you, or just show your honey some gratitude, we're sure you'll find it. **10 Proven Ways You Can Increase Intimacy.** Disclose more to feel closer. Make time for deeply emotional conversations. Do something new or big together. Relish the routine. Shake up the routine. Make it harder to walk away. Ensure that it's safe to be open. Consider whether you're a better match than you think. Emotional intimacy can lead to better sexual experiences for many people, especially women. Research suggests women have orgasms more often. Improving sexual intimacy in marriage will strengthen your relationship. Learning about the importance of exclusivity, privacy, time, foreplay, and touch. Intimacy is at the core of every committed partnership. Well, it should be. But over time and after the inevitable process of settling into the