



Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship

By Michael Gurian

Download now

Read Online →

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian

From *New York Times* bestselling author Michael Gurian comes a groundbreaking plan for happiness in love and marriage that shows you how to build healthy boundaries, work through past hurts, and create greater intimacy by maintaining emotional separateness.

Become separate from your partner yet also become closer—sounds counterintuitive, doesn't it? With twenty-five years of family and marital counseling practice, Michael Gurian shows that “intimate separateness” is the key to creating a healthy partnership in life.

Recent university studies show that the most frequent reason relationships dissolve is not abuse, alcoholism, money, or even infidelity, but rather a *lack of emotional fulfillment*. Most books on love and marriage focus on teaching communication and conflict skills, but neglect to help couples with the “other half” of intimacy—separateness. In this practical yet personal guide to love, Gurian details the benefits of creating a lifelong balance of closeness and separateness. He outlines a twelve-stage model created for his own private practice, which provides long-term goals and focal points for dialogue that can help couples work through arguments. Gurian also delves into differences in white and gray matter between the male and female brain (which may explain the varying needs for intimacy and separateness), differences in verbal and emotive development, and the effects these all have on relationships.

Rich with examples and case studies, this book presents strategies for communication and conflict that build more emotional balance, while showing how intimate separateness can be the key to lifelong happiness.

 [Download Lessons of Lifelong Intimacy: Building a Stronger ...pdf](#)

 [Read Online Lessons of Lifelong Intimacy: Building a Stronge ...pdf](#)

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship

By Michael Gurian

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian

From *New York Times* bestselling author Michael Gurian comes a groundbreaking plan for happiness in love and marriage that shows you how to build healthy boundaries, work through past hurts, and create greater intimacy by maintaining emotional separateness.

Become separate from your partner yet also become closer—sounds counterintuitive, doesn't it? With twenty-five years of family and marital counseling practice, Michael Gurian shows that “intimate separateness” is the key to creating a healthy partnership in life.

Recent university studies show that the most frequent reason relationships dissolve is not abuse, alcoholism, money, or even infidelity, but rather a *lack of emotional fulfillment*. Most books on love and marriage focus on teaching communication and conflict skills, but neglect to help couples with the “other half” of intimacy—separateness. In this practical yet personal guide to love, Gurian details the benefits of creating a lifelong balance of closeness and separateness. He outlines a twelve-stage model created for his own private practice, which provides long-term goals and focal points for dialogue that can help couples work through arguments. Gurian also delves into differences in white and gray matter between the male and female brain (which may explain the varying needs for intimacy and separateness), differences in verbal and emotive development, and the effects these all have on relationships.

Rich with examples and case studies, this book presents strategies for communication and conflict that build more emotional balance, while showing how intimate separateness can be the key to lifelong happiness.

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian Bibliography

- Sales Rank: #419774 in eBooks
- Published on: 2015-05-26
- Released on: 2015-05-26
- Format: Kindle eBook

 [Download Lessons of Lifelong Intimacy: Building a Stronger ...pdf](#)

 [Read Online Lessons of Lifelong Intimacy: Building a Stronge ...pdf](#)

Download and Read Free Online Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian

Editorial Review

Users Review

From reader reviews:

Steven Whitney:

Book is definitely written, printed, or outlined for everything. You can understand everything you want by a book. Book has a different type. To be sure that book is important point to bring us around the world. Adjacent to that you can your reading proficiency was fluently. A reserve Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship will make you to end up being smarter. You can feel far more confidence if you can know about every thing. But some of you think that will open or reading some sort of book make you bored. It's not make you fun. Why they might be thought like that? Have you trying to find best book or acceptable book with you?

Christopher Sanchez:

The book Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship can give more knowledge and information about everything you want. Why must we leave a good thing like a book Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship? Some of you have a different opinion about guide. But one aim that will book can give many info for us. It is absolutely correct. Right now, try to closer together with your book. Knowledge or facts that you take for that, you are able to give for each other; it is possible to share all of these. Book Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship has simple shape however, you know: it has great and massive function for you. You can seem the enormous world by wide open and read a guide. So it is very wonderful.

Shane Hamilton:

Often the book Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship will bring you to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. In case you try to find new book to see, this book very acceptable to you. The book Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship is much recommended to you to learn. You can also get the e-book through the official web site, so you can quickly to read the book.

Donald Foster:

Reading a book to become new life style in this season; every people loves to read a book. When you examine a book you can get a large amount of benefit. When you read ebooks, you can improve your knowledge, because book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you wish to get information about your research, you can read education books, but if you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, in addition to soon. The Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship provide you with a new experience in studying a book.

**Download and Read Online Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian
#I92QZ6NEU7B**

Read Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian for online ebook

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian books to read online.

Online Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian ebook PDF download

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian Doc

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian Mobipocket

Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian EPub

I92QZ6NEU7B: Lessons of Lifelong Intimacy: Building a Stronger Marriage Without Losing Yourself—The 9 Principles of a Balanced and Happy Relationship By Michael Gurian