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40 Forms of Intimacy: Integrating Daily Connection Into Your Couple Relationship

Alex A. Avila

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Relationships are complex. Sometimes couples don't know what went wrong or how to begin fixing it. And people's perceptions about the quality of their romantic relationships strongly affect many other areas of their lives. So, the most important relationship is always worth investing in.

Intimacy is more than sexual engagement. This intimacy guidebook helps couples:

- -Expand their awareness of couple intimacy
- -Build intimacy fluency as they pay attention to their connection
- -Experience a deeper sense of closeness in their relationship.

Single people as well as couples who are just launching their relationship, who have been together many years, and who feel distant and stuck in conflict cycles will all benefit from this groundbreaking approach to learning the DNA of healthy, intimate relationships! The *40 Forms of Intimacy* book provides a realistic, strengths-based approach to help couples become and stay closely connected in the specific ways that work for them. Readers will learn how to live the language and lifestyle of intimacy and experience oneness through a variety of expressions.

There is no specific pathway that applies to all relationships. Since everyone responds differently to the various expressions of love and intimacy, the insights found throughout this book are designed to help couples personalize their bond rather than following a prescribed list of steps. The author has identified 40 significant areas that couples face together including trust, sex, finances, communication and many more, all of which provide multiple opportunities each day to leave couples feeling either distant or connected. This in-depth examination of couple intimacy will help couples draw awareness to the many ways they are already connecting. And they will learn many new areas in which they can enhance their couple intimacy.

"Knowledge and familiarity are knowing about. Intimacy is knowing throughout. Intimacy is an ongoing process of knowing each other and sharing life together." – Alex A. Avila

It is inevitable that couples will drift apart if they do not take regular steps to enrich their connection. But as they begin paying attention to and shaping their connection, they can feel a genuine sense of hope in creating and enhancing a deep relationship bond that lasts a lifetime!

Even couples who feel incompatible can shift from a seemingly hopeless romance to a realistically hopeful romance. And reading this book as an individual will still help! Sometimes relationships can experience significant positive change with only one partner choosing to do something differently.

Written by an expert couples therapist passionate about helping couples connect, *40 Forms of Intimacy* is packed full of rich insights that address the reality of major relationship issues. With over 200 Connection Points™, couples can put into action their preferred Forms of Intimacy to begin changing their relationship reality right away!

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