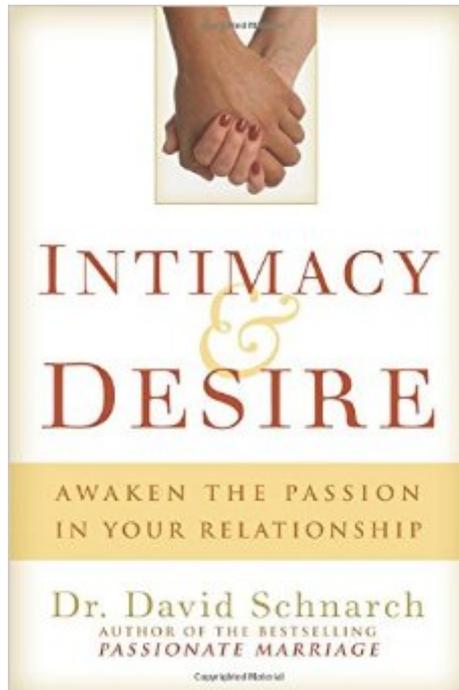


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# Intimacy & Desire: Awaken The Passion In Your Relationship



## Synopsis

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.

## Book Information

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## Customer Reviews

Because of the considerable attention Dr. Sandra Pertot's review has attracted, and the fact it is offered as a professional opinion, I feel it necessary to offer a different perspective on *Intimacy and Desire (I&D)* and her comments about it. I am a licensed therapist with 22 years of experience, and have not written any books (although I hope to). I have studied Dr. Schnarch's work for many years, including *I&D*, and consider myself knowledgeable about his approach. The one thing I have

learned from studying Dr. Schnarch is he works tirelessly to pursue the truth in his work as well as his life. I am amazed at how much "The Old Man" continues to grow and evolve, and challenge himself to live within his principles of 4 points of balance. Dr. Schnarch as well as his wife Dr. Ruth Morehouse are serious clinicians as demonstrated in their articles and books. They are not carnival barkers with the newest way to make your relationship of 20 years "get that new car smell". On the contrary, they help you read your relationship's owner manual and learn to drive it better, so you can get more out of it and yourself. My opinion of Dr Sandra Perot's critique grows out of my love for my field and a quest for professional grace, and I hope it is received in the spirit in which it is delivered. Professional standards require disclosure of commercial and other considerations that might bias statements made by psychologists regarding products and services. Dr. Perot is the author of what might be considered a competing book in which she clearly aligns with the lower desire partner. (Read reviews of her book "Perfectly Normal: Living and Loving with Low Libido.

This is an excellent book whose greatest gift is that it makes the vast ground plowed 13 years earlier in the author's 2nd book, *Passionate Marriage*, readily accessible. The latter was a great book but a dense, difficult read that gave its greatest gifts only after repeated readings. This book, in contrast, makes the author's approach to self and relationship development easily understood. It brings his theory down to earth and gives guidance in applying it to one's life. I highly recommend it. The book is, indeed, fun to read. Schnarch can deftly shift between transcribing the words & thoughts of a counseling session to his principles of human interaction & growth, and on to sometimes salacious stories of couples getting it on -- not only sexually but mentally & emotionally, and in a more open, enlightened way. He breaks into a mercifully short few pages of techno-babble at the beginning of one chapter to show his inclusion or understanding of brain science, but that is the only lapse in the smoothly flowing writing in this book. Schnarch presents a number of "moving parts" within our relationships that work to grow us personally & as a partner. And his approach is generally at odds with the common approach within our culture of accommodation or withdrawal from conflict. Instead, he suggests that confronting one's issues -- from one's family of origin or from one's current partner (and commonly they are one & the same) -- is the real path to growth. The process involves these key variables: \* All key dimensions of activity, including sex, have a high & a low desire partner. \* Our sense of self can be based on others' opinion (other validated) or on our own heart (self validated).

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