



Intimacy & Desire: Awaken the Passion in Your Relationship

By David Schnarch, Dr. David Schnarch P.h.D

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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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Editorial Review

From Publishers Weekly

Starred Review. Readers sick of typical glossy-magazine self-help patter about reigniting romance, or the droning pomposity of most author-experts, will be pleasantly surprised with psychologist and sex therapist Schnarch (Passionate Marriage). He immediately catches readers' attention by agreeing that the common "just do it" approach to solving sexual problems is not only ineffective, but often results in one partner responding with a decisive "Don't tell me what to do!" That kind of understanding produces a number of unexpected bombshells-including "Marriage does kill desire"-which produce an uncanny effect: getting couples to stop and reconsider their emotions, quit blaming each other, and start to think (and act) differently regarding sexual situations, behaviors and attitudes. The book's flaws are more aggravating than genuinely problematic-a tendency to lean on jargon and trademark key phrases ("Four Points of Balance(tm)"); but O'Neill breaks down complex issues with loosely-drawn real life examples, illustrating the dramatic and fundamental changes that occur when couples have a greater understanding of desire, monogamy and the brain. The process is neither easy nor quick, but Schnarch's confidence is contagious.

Review

"Readers sick of glossy-magazine self-help patter about reigniting romance, or the droning pomposity of most author-experts, will be pleasantly surprised with psychologist and sex therapist Schnarch (Passionate Marriage). He immediately catches readers' attention by agreeing that the common "just do it" approach to solving sexual problems is not only ineffective, but often results in one partner responding with a decisive 'Don't tell me what to do!' That kind of understanding produces a number of unexpected bombshells--including 'Marriage does kill desire'--which produce an uncanny effect: getting couples to stop and reconsider their emotions, quit blaming each other, and start to thing (and act) differently regarding sexual situations, behaviors and attitudes breaks down complex issues with loosely-drawn real life examples, illustrating the dramatic and fundamental changes that occur when couples have a greater understanding of desire, monogamy and the brain. The process is neither ea

About the Author

David Schnarch is a licensed clinical psychologist and author of numerous books and articles on intimacy, sexuality and relationships. His clinical abilities attract clients and students from across the globe. Dr. Schnarch lives and works with his wife, Dr. Ruth Morehouse, in Colorado.

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Terry Burrows:

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