From the author of
The Woman's Comfort Book

THE COUPLE'S COMFORT BOOK

A Creative Guide for Renewing Passion, Pleasure & Commitment

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Couples Comfort A Creative Guide For Renewing Passion Pleasure And Commitment

Janet Luhrs

Couples Comfort A Creative Guide For Renewing Passion Pleasure And Commitment:

The Couple's Comfort Book Jennifer Louden,2024-04-16 Romance at Your Fingertips In the tradition of the phenomenally successful The Woman s Comfort Book Jennifer Louden brings her masterful sustenance skills to this creative guide filled with ways for couples to stay connected in a busy world With playful rituals and reliable recipes for making the most of your time together this is the comprehensive compendium of coupledom *Life After Trauma* Dena Rosenbloom,Mary Beth Williams,2015-04-07 Trauma can turn your world upside down afterward nothing may look safe or familiar This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives Full of practical strategies for coping and self care the book guides you toward reclaiming a solid sense of safety self worth trust and control as well as the capacity to be close to others The focus is on finding the way forward in your life today no matter what has happened in the past The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits Dozens of step by step questionnaires and exercises are included you can download and print additional copies of these tools for repeated use *Simple Loving* Janet Luhrs,2000 Presents ways to create intimacy and joy in relationships through loving self and others reducing stress and finding ways to keep romance alive *Sexual Anorexia* Patrick J Carnes,2009-08-07 A first time examination of sexual anorexia an extreme fear of sexual intimacy and obsessive avoidance of sex by the acknowledged leader in the treatment of compulsive sexual behavior and recovery Author Dr Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder sexual addiction and compulsivity often arise from a background of childhood sexual trauma neglect and other forms of abuse Carnes explores the numerous dimensions of sexual health examining key issues which must be addressed and resolved for recovery to proceed Utilizing extensive research and elucidating case studies Carnes develops concrete tasks and plans for restoring nurturing and sensuality building fulfilling relationships exploring intimacy and creating healthy sexuality Woven throughout the book are stories of recovery which illustrate sexual healing principles model new behavior and support motivation for change Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but instead a deeply sensual passionate fulfilling and spiritual experience that all human beings are innately entitled to **Marriages and Families** Mary Ann Schwartz,BarBara Marliene Scott,2007 Taking an historical cross cultural and global approach this book focuses on the link between social structure and theeveryday livesof people s diverse experiences of marriages families and intimate relationships It shows how contemporary families go well beyond the traditional heterosexual two parent white middle class family and heterosexual legally sanctioned marriage challenges the assumption that one culture s way of doing things is the natural or right way shows how marriage and family life have changed historically over time and from place to place and how political and economic globalization impacts families worldwide Features extensive boxed material accompanied by questions for personal reflection Marriages

and Families Over Time Ways of Studying and Explaining Marriages and Families Understanding Gender Its Influence In Intimate Relationships The Many Faces of Love Dating Coupling and Mate Selection Sexuality and Intimate Relationships Nonmarital Lifestyles The Marriage Experience Reproduction and Parenting Evolving Work and Family Structures Violence and Abuse The Process of Uncoupling Divorce in the United States Remarriage and Remarried Families Families in Later Life Marriages and Families in the Twenty first Century U S and World Trends For anyone interested in marriage and family dynamics including individuals counselors nurses social workers home economists etc *Marriages & Families* Mary Ann Schwartz,BarBara Marliene Scott,1999 In this third edition of Marriages and Families Diversity and Change there is a conscious effort to present a continuity of major issues concerns and themes on contemprary marriages families and intimate relationships *Sexuality Today* Gary F. Kelly,1998 **Marriage and Family, 1998-1999** Kathleen R. Gilbert,1998

Books in Print Supplement ,1994 *Subject Guide to Books in Print* ,1975 **Marriage and Family** Kathleen R. Gilbert,1999 **Annual Editions** Kathleen R. Gilbert,1997-02 *Annual Editions* Kathleen Gilbert,1995 **Women's Health** Marian C. Condon,2004 A must have this user friendly resource provides all of the essentials of women s health how to promote it the societal factors that so greatly impact it and how to choose wisely among the wide range of health care modalities available Addressing the physical mental and spiritual aspects of health it offers concrete guidelines for promoting wellness and recognizing illness Included are discussions of societal factors that influence health and healthcare as well as controversial issues such as the necessity of surgical interventions A critique of both traditional and commonly used alternative therapies and remedies provides a complete picture of the health care options available today **Forthcoming Books** Rose Arny,1994-04 Couples Comfort Book Louden,1993-12-01 Unlocking Intimacy: Ronald Hudkins,2023-11-07 In a world filled with distractions and busy schedules true emotional and physical intimacy in relationships can often take a backseat But what if there was a guide that could help you rediscover the passion and connection you once had or take your existing intimacy to new heights Unlocking Intimacy is that guide a captivating and transformative journey into the world of profound emotional and physical connection This book is an invitation to explore the art of deepening your bond with your partner rekindling the spark and embracing the full potential of your relationship

Popular Mechanics ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Ebony* ,2005-11 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The New York Times Book Review** ,1970-04

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Couples Comfort A Creative Guide For Renewing Passion Pleasure And Commitment**

In a world inundated with screens and the cacophony of fast interaction, the profound power and mental resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the musical pages of **Couples Comfort A Creative Guide For Renewing Passion Pleasure And Commitment**, a interesting function of fictional splendor that pulses with fresh thoughts, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, that enchanting opus instructions readers on a psychological odyssey, delicately revealing the latent possible and profound impact embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect their charming writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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