

Preface

This book is intended as a handbook or guide for couples seeking true intimacy. True intimacy is distinguished from the false intimacy constantly bombarding us on television and in the movies.

Within these covers couples will find a compilation of specific directions to follow as they struggle to establish and maintain loving connections in a real world where work, kids, and an increasingly frantic pace overwhelms our ability to stay in touch with ourselves or the special one we love.

The information provided herein has been gleaned from some forty years of studying and teaching interpersonal communication at five distinguished universities. It is also drawn from practicing psychotherapy with individuals and couples for over thirty years. Finally, my own experience as a seeker of true intimacy, which I enjoy on a daily basis with my lovely wife and companion, has informed this book in countless ways. I practice what I preach, and hereby promise that the tools and information presented represent the primary reasons for my success as an intimate companion.

This book tells couples what they need to know in order to establish and maintain truly intimate relationships in a real world. It does not promise that you will get lost forever in a romantic fog, nor does it send you off in pursuit of an impossible dream.

If you will take the time, not only to read, but most importantly to do the exercises in each chapter, you will put in place, in your relationship, the tools needed to establish and maintain true intimacy. It will be hard work, on a daily basis. This work is entirely up to you. But the rewards will far outweigh the effort.