



The Fear of Intimacy: How to Overcome the Emotional or Physical Intimacy Issues in Your Relationship or Marriage

Kelsey Huntington

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If you want to overcome the emotional or physical intimacy issues in your relationship or marriage, then this book is for you!

Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

What happens when someone in a relationship won't allow the other to get too close? Naturally, you can expect major problems to arise from this kind of situation. It also doesn't help when the person who has fear of intimacy cannot explain to the partner why he or she won't let the other person come any closer. Moreover, people with this disorder may or may not be aware of the fact that they are creating barriers in their relationship. As a result, keeping the relationship in a healthy state is almost impossible. The person being held at a distance may feel confused and left out, and will eventually feel dissatisfied with the whole relationship.

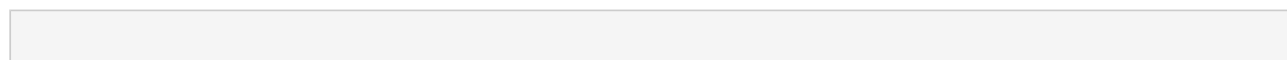
Whether you're the one with a fear of intimacy, or whether it's your partner who has the intimacy issues, the good news is that there are things that can be done to overcome this relationship-crippling problem. Thanks to more and more scientific research, psychologists are beginning to understand more about the disorder, and how people can get beyond the barriers that they have placed in their own relationships. This book will share many useful tips on how you and your partner can deal with the fear of intimacy and thus, create a long-lasting and meaningful relationship for many years to come.

Here Is A Preview Of What You'll Learn...

- Understanding the Cause
- Making Peace with the Past
- Creating a Safe Space
- Practicing Intimacy
- Getting Help
- Much, much more!

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Tags: relationship intimacy, levels of intimacy, intimacy, fear of intimacy, intimacy issues, emotional intimacy, physical intimacy, the fear of intimacy, intimacy in marriage, fear of intimacy scale



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