



Secrets of a Passionate Marriage: How to Increase Sexual Pleasure and Emotional Fulfillment in Committed Relationships

David Schnarch

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If you think you need to change your marriage, think again. It may well be that your marriage is trying to change you. In *Secrets of a Passionate Marriage*, Dr. David Schnarch shares a revolutionary approach thousands have used to take their relationships to new and lasting heights of sexual ecstasy and intimacy. Emotionally committed relationships, he teaches, are people-growing machines, and sexual difficulty and other challenges are actually signs of a healthy, maturing relationship. Moving beyond traditional therapies that work a little bit, Dr. Schnarch brings straight talk and humor to his three decades of expertise and offers insights into:

- Emotional gridlock - why this critical phase is necessary for the healthy evolution of all relationships
- How to "self-soothe" your anxieties and open to the full range of human eroticism
- The psychology of sex - how to make an ally out of what you're really thinking during sex, and much more

With many proven exercises to "electrify" your sex life, heighten passion, and renew commitment, *Secrets of a Passionate Marriage* is sure to help your relationship reach its full potential, both in and out of bed.

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