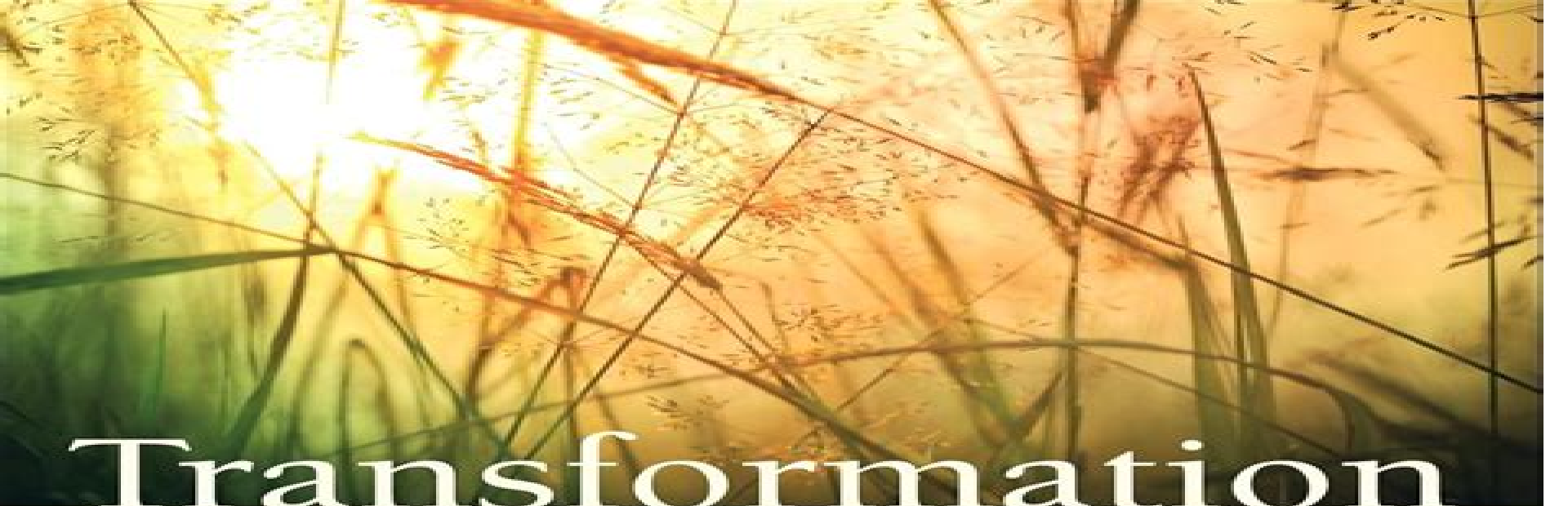




Transformation through INTIMACY

REVISED EDITION

The Journey toward
Awakened Monogamy

*Relational intimacy as a sanctuary and crucible
for a deeper, more authentic life*

ROBERT AUGUSTUS MASTERS, PHD

Transformation Through Intimacy Revised Edition The Journey Toward Awakened Monogamy

Robert Augustus Masters, Ph.D.



Transformation Through Intimacy Revised Edition The Journey Toward Awakened Monogamy:

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Deepening Your Personal Relationships Dr. Max Hammer, Dr. Barry J. Hammer, Dr. Alan C. Butler, 2013-12 Deepening Your Personal Relationships was written by three experts in the field Their combined expertise will help you in Developing Emotional Intimacy and Good Communication which will be beneficial in all types of relationships The book explains how to achieve healthy and fulfilling interpersonal

relationships by using effective communication empathy shared transformational development and constructive conflict resolution Deepening Your Personal Relationships provides original meaningful and transformational insights that are especially helpful in understanding how to overcome our subconscious resistance against emotional intimacy and good communication Readers wanting to enhance their personal relationships gain insight into transformational self help and achieve social transformation will find this book especially helpful It will also be of keen interest to professional relationship counselors such as marriage counselors family counselors and conflict mediators The goal is to understand how good relationships can produce enhanced levels of spiritual development psychological healing self understanding creative functioning inner peace and happiness and ultimately fulfillment in life

Psychological Healing Through Creative Self-Understanding and Self-Transformation Dr. Max Hammer, Dr. Barry J. Hammer, Dr. Alan C. Butler, 2013-12 This book focuses on the development of psychological self understanding healing psychologically painful inner conflicts and the basis of psychological and spiritual fulfillment Readers will discover a new understanding of effective psychotherapy groundbreaking diagnostic psychological testing research and the distinction between the ego self concept the experiential self and the transpersonal self the real self the relational self or the holistic self It also clarifies aspects of optimal psychological health such as authenticity sincerity integrity creativity intuition empathy courage strength of character inspiration unselfish love or warmhearted caring emotional security inner wholeness vitality and fulfillment Principles of psychological healing and self transformation can enhance the development of interpersonal relationships as well as facilitate effective and fulfilling ways of living in society The authors deeply explored their own psychological pain and experiential truth to write this book so readers can achieve greater self understanding fulfillment and liberation from psychological pain

75 Habits for a Happy Marriage Ashley Davis Bush, Daniel Arthur Bush, 2013-08-18 The stresses and strains of life can unravel the tight bond you once had with your spouse leaving you feeling lonely frustrated and unfulfilled 75 Habits for a Happy Marriage shows you how to restore that intimate and joyful union with simple positive actions that bring you closer together throughout the day Based in neuroscience psychology and real world experience these powerful techniques are easy to incorporate into busy schedules and will inspire readers to give their marriages the time they deserve They ll learn how to transform their relationship with meaningful gestures that instantly enhance communication and intimacy through exercises including Before getting out of bed in the mornings take one minute to meditate together helping the tenderness and compassion you feel for your partner to stay with you throughout the day At the end of each day hug your partner for at least 20 seconds and tell them how glad you are to be home Create a secret signal that only your partner recognises allowing you to make an intimate connection even when you re at the grocery store at a cocktail party or at dinner with your family This interactive guide will empower readers to enhance their connection shared with their partners in order to build a joyful and long lasting marriage With the guidance and practices detailed in 75 Habits for a Happy Marriage you will enrich the bond

you share with your partner and build a happy supportive and long lasting marriage **Family Life Now** Kelly J. Welch,2020-10-08 Family Life Now is a candid thoughtful examination of marriages families and intimate relationships that follows the Family Life Education framework Written in a student friendly conversational style the text encourages readers to draw upon their own backgrounds and experiences to understand theories and concepts vital to the family sciences Author Kelly J Welch incorporates scholarship from the social and behavioral sciences to cover topics that are important to students today such as LGBTQ individuals and relationships cohabitating and financial compatibility with a partner This title is accompanied by a complete teaching and learning package *Transformation through Intimacy, Revised Edition* Robert Augustus Masters, Ph.D.,2012-03-06 A comprehensive guide to intimacy through greater self awareness for those who want more loving passionate and liberating monogamous relationships Intimate relationship has long been viewed and lived as a lesser alternative to spiritual life More recently the need to integrate our spiritual and intimate lives rather than maintaining separate spheres and relationships on autopilot has become increasingly apparent Given the high rates of infidelity and divorce it would seem that the possibilities of freedom through intimacy have not been explored in much depth Too often we pull away when relationships become difficult missing out on the rewards of connecting more profoundly The passage from immature to mature monogamy is not only a journey of ripening intimacy with a partner but also a journey into and through zones of ourselves that may be very difficult to accept and integrate with the rest of our being Transformation through Intimacy explores intimate relationships through a four stage lens me centered we centered codependent we centered coindependent and being centered Bringing his many years of experience as a psychotherapist and spiritual practitioner to the subject relationship expert and integral psychoterhapist Robert Augustus Masters shows readers not only how to navigate the thickets of reactivity conflict shame anger fear and doubt but how to understand them in a new light so that a deeper level of relating to oneself and one s partner becomes possible opening new levels of trust commitment and love

Transformation Through Intimacy Robert Augustus Masters,2007 [The New Monogamy](#) Tammy Nelson,2013-01-02 Imago therapist and author of Getting the Sex You Want Tammy Nelson presents The New Monogamy a revolutionary approach to healing a relationship after infidelity In The New Monogamy couples rekindle their trust in each other engage in Imago dialogues to clarify what both partners really want in a relationship and make a full erotic recovery by redefining the monogamy contract for the future after the affair **The Monogamy Challenge: Creating and Keeping Intimacy** Peter Kane,2010-01 The Monogamy Challenge goes beyond helping partners resolve attractions to others it also helps to create and sustain vital and passionate monogamous relationships The authors 30 years as a counselor and workshop facilitator have created a groundbreaking deep and practical book helping readers resolve the many issues that make intimacy and monogamy difficult Since our whole life is about our relationship with ourselves and others this book is also about creating success intimacy and connection in every area of our lives

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