



The Complete Idiot's Guide to Intimacy

Dr. Paul Coleman

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The comprehensive guide to getting close, and closer!

Renowned psychologist Dr. Paul Coleman gives readers a step-by-step, clear path to improving their relationships by helping them identify intimacy problems, understand key differences between men and women, change perceptions, overcome arguments, and effectively communicate. He also covers sexual intimacy and affection issues, including intimacy during stressful times, transitions, and as relationships progress. This book is a beacon for those looking to solve their struggles with intimacy.

-Tools and exercises for both physical and emotional intimacy

-Self-assessment tests and exercises to help pinpoint issues

-For couples, singles, and families, men and women

-Coleman is an expert with an active practice and specialty in intimacy issues who's made appearances on *Oprah*, *Today*, and *Geraldo*

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