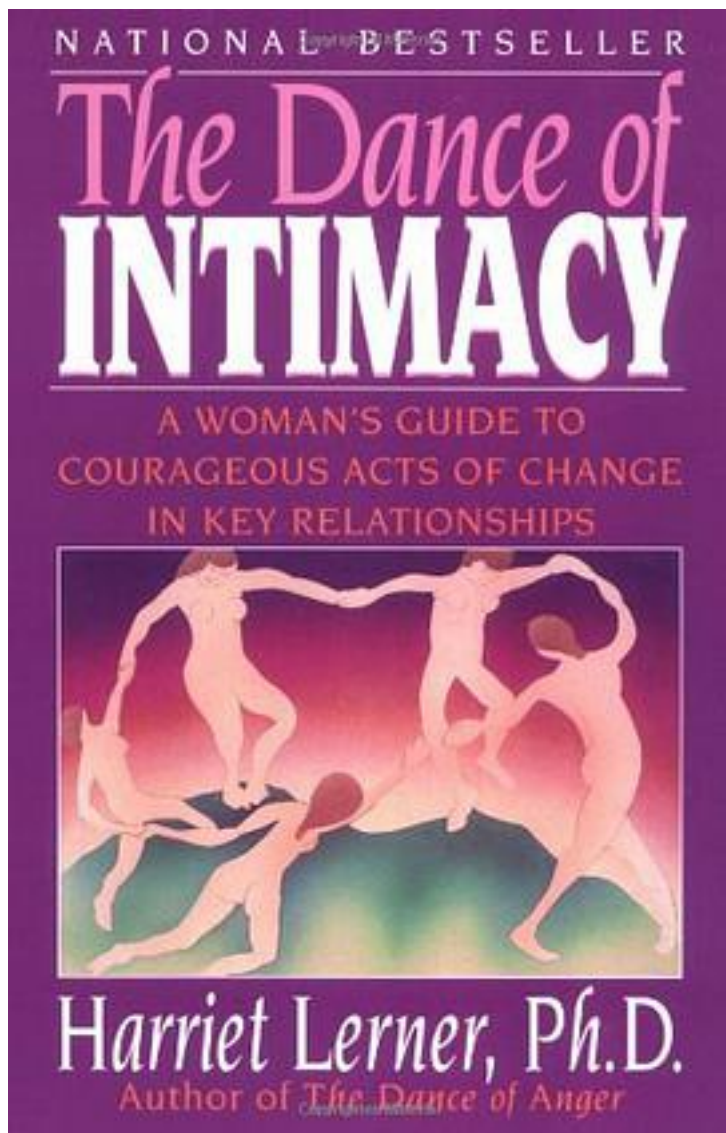


# The Dance of Intimacy



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In *The Dance of Intimacy*, the bestselling author of *The Dance of Anger* outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed. Taking a careful look at those relationships where intimacy is most challenged--by distance, intensity, or pain--she teaches us about the specific changes we can make to achieve a more solid sense of self and a more intimate connectedness with others. Combining clear advice with vivid case examples, Dr. Lerner offers us the most solid, helpful book on intimate relationships that both women and men may ever encounter.

作者介绍:

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## 标签

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## 评论

Love yourself before you can love others. And be ready for changes, which take time.

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Paradox in pursuit of intimacy: it starts when you decide to let it go. Yet, to focus on self is a goal that can be achieved only more or less. We struggle between being true to ourselves and being loved, accepted, validated, included. Though we'll never fully resolve the struggle, we can start to work on it.

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recommended by my therapist 对自己和自己的relationships有了新的了解

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书评

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