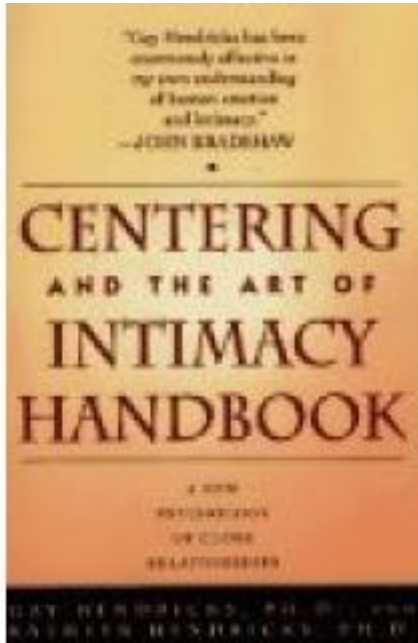


# Centering and the Art of Intimacy Handbook: A New Psychology of Close Relationships



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With this enlightening book, readers can conquer the most common obstacles to satisfying love--the twin fears of aloneness and closeness. The keys to surmounting these fears lie in developing awareness, honesty and commitment. The authors offer activities and exercises to help readers develop these relationship skills.

作者介绍:

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