

INTIMACY IN MARRIAGE WORKBOOK

“Defining And Understanding The Importance
Of Building Emotional And Sexual Intimacy,
Passion And Romance In Your Relationship”



TAYLOR SNOW

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**“Defining And Understanding The Importance Of Building Emotional
And Sexual Intimacy, Passion And Romance In Your Relationship”**

The Forgotten Art Of Intimacy

Taylor Snow

PUBLISHER'S NOTE

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While experiences related in this book are true, names and identifying details have been changed to protect the privacy of the individuals.

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WHAT IS INTIMACY?

Intimacy is the closeness and connection you have with your partner and is a bond that builds over time. First and foremost, intimacy is a feeling. It involves feeling safe and accepted and means that you can be yourself, without judgment. and you will be loved.

Intimacy comes in various forms but in this book, we will focus on two of them: **emotional and sexual intimacy** , both are vital to your marriage.

It is important to note here that intimacy is different than sex. Many people immediately think of sex when they hear the word intimacy, but they are not the same things.

Intimacy is not another word for sex and being intimate can have little to do with the physical.

The definition of intimacy is extremely important. To understand what you read in this book, you must first understand what is meant by the word intimacy. As explained in the opening line, intimacy is a closeness or connection. Intimacy is not reserved simply for your partner or your marriage, in fact, intimacy plays an important role in *all* your relationships. Think of the phrase ‘*an intimate gathering* .’ This phrase is usually used to describe a small group of close friends and would have nothing to do with sex at all.

This is because intimacy is so much more than sex...

Sex can build intimacy, but it is not intimacy itself .

We will begin this book by looking at the different types of intimacy and will move on to the importance of them in your marriage. You must

understand the different types of intimacy if you hope to infuse them into your relationship.

THE DIFFERENT TYPES OF INTIMACY:

To fully understand the meaning of intimacy, you must understand the various forms it takes on. While intimacy falls into several categories (all of which are important to your different relationships) we will look at two that are extremely important in a marriage:

Emotional Intimacy:

Emotional intimacy is what allows you to open up to your loved one and tell them things about yourself that you would not share with others. It is the feeling of trust and acceptance that you share, and you cannot have with a stranger. True emotional intimacy happens when you feel safe and accepted in your marriage and are free to share your thoughts and feelings with your partner.

Physical Intimacy:

Sexual intimacy differs from physical intimacy but includes many of the same aspects. ***Physical intimacy*** involves closeness through touch, just like sexual intimacy, but does not necessarily involve the act of sex itself. ***Sexual intimacy***, on-the-other-hand, is the act of making love to your partner and/or exploring their body through touch. Basically, you can be *physically* intimate by holding hands or cuddling, but *sexual intimacy* involves, well... sex.

Understanding the difference between the two types of physical intimacy is important because a good marriage usually has both. With that said, many couples are no longer sexual but are still deeply intimate with one another,

just as there are people who have sex without being intimate. Finding the appropriate balance in your relationship is the key to longevity.

Take Marshall and Ashley, for example. This couple had been married for 10+ years when Ashley told her friends that she and Marshall had not had sex in over a year. They were living in a [sexless marriage](#). Her friends were shocked and appalled. They felt that something was wrong, assumed that Marshall was having an affair, and were generally negative overall. However, Ashley did not see the issue. Marshall worked hard, sometimes 80+ hours a week. He was kind, caring, and attentive. The couple was happy. They talked a lot, they shared hobbies and interests, and they also had their own interests as well. They had a great marriage. So, what was the big deal?

As it turned out, Marshall had been in an accident that caused sex to be difficult. The couple had talked early on in their relationship and decided that sex was not everything. Instead, they built intimacy in other ways and created a deep bond with one another. They hugged, cuddled, and kissed regularly. They were affectionate and were sexual in other ways. There was no problem, and both were on the same page when it came to intimacy. In fact, when asked, Ashley will tell you that she doesn't feel like she is missing out on anything because, without the sex, the bond can sometimes be stronger.

You see, without sex, you must get creative in creating intimacy and often this leads you to know your partner better. While sex is important for some, it does not have to be everything, but you **MUST** have honesty.

Along with emotional and sexual intimacy, there are things like

- *intellectual* intimacy: sharing your thoughts and your skills.

- spiritual intimacy: the process of opening your hearts to each other as you open your hearts to the Lord.
- *experiential* intimacy: when people bond during leisure activities

You may find all these types exist in your marriage and all are important to your relationship on some level. These differing types of intimacy all work together to help form the bonds that built your marriage.

It is important to note the ***difference in intimacy preferences*** as well. **Men tend to seek out physical intimacy, whereas women often crave emotional intimacy** . For men, the physical connection they feel during sex is their way of expressing their emotions. Women, on the other hand, are more inclined to want to spend time talking to feel close to their partner. Much like the various types of intimacy, these preferences are important to understanding your spouse and building a better relationship.

THE IMPORTANCE OF INTIMACY IN MARRIAGE.

Intimacy is what makes a relationship successful. It strengthens all types of relationships and creates a solid bond, making you happier, more self-confident, and leaving you feeling more fulfilled.

Intimacy tends to follow a pattern that evolves over time. Newlywed couples typically have strong feelings of closeness, excitement, and sexual intimacy, but over time these feelings evolve and change. [As time goes on, married couples often find that these emotions and this connection can get lost in the mix.](#) Career obligations, household responsibilities, or the birth of children significantly impacts a couple's intimacy. It is natural for that initial excitement to fade as priorities shift and change. Studies have found that after just a few short years of marriage couples are not as intentional with connecting as they once were, and because of this, they may find that their intimacy, especially when it comes to sex, suffers or dwindles.

Let us take a closer look at intimacy in a relationship and consider the ways that it develops over time...

- Intimacy is the close, familiar bond that exists between two people, both physically and emotionally. A strong relationship will have a balance in both forms of intimacy, without putting the priority on one over the other. In a marriage, both types of intimacy will grow and evolve with time, creating a strong sense of trust and acceptance.
- Humans require love and affection. It is at the very core of our beings. This comes in the form of soft, kind words and gentle

touches and is what keeps us going during difficult times by reassuring us.

- Physical and emotional intimacy in a marriage goes together. While unmarried people can have sex without emotional intimacy, and often do (e.g. one-night stands or no strings attached flings) they may also have an emotional connection as well, (e.g. close friends who 'hook up'). However, it is difficult to achieve sexual intimacy within a marriage without emotional intimacy because the two go hand-in-hand... ***In a long-term relationship, your physical connection relies on you first building an emotional one.*** Sex may help to build your emotional intimacy, but it should not be a replacement for it. Communication is at the core of all forms of intimacy and is the key to a successful marriage. Thus, building a strong emotional connection is vitally important.
- Intimacy within your marriage is also good for your self-esteem. When you feel connected to your partner, you will be more confident and have a more positive attitude in general. Start building the intimacy within your marriage and reap the rewards across the board.

MISCONCEPTIONS ABOUT INTIMACY IN MARRIAGE.

It can be difficult to sift through all the information that is available about intimacy. This topic tends to be the media's main focus when it comes to marriage, and articles often conflict. Some will tell you that intimacy is all about sex, while others will say that you do not need sex to create intimacy. Figuring out the truth can seem daunting and can leave you feeling overwhelmed and confused when you are simply trying to help your relationship flourish and grow stronger.

Below are *4 common myths about intimacy* that you often find in media, let's look at them closer:

□ **You need sex to create intimacy**

A relationship may lack sex for any number of reasons. Work obligations, caring for children, family, and stress often take a toll on your sex life. Alternatively, medical conditions may also affect your sex drive, or you might be just plain bored of sex in general. Not wanting to have sex does not mean that there is something wrong with you on its own. While emotional intimacy is often connected to physical intimacy, it is not dependent on it. *There are many other ways to physically express your feelings besides sex* . Sex does not always involve intimacy, in fact, two strangers can have sex without any form of intimate connection at all. Therefore, sexual activity is not a requirement of an emotional connection.

□ **You must create an inseparable bond**

A common belief among couples is that they must be together all the time. You do not have to be with your partner 100% of the time, it is perfectly acceptable (and even encouraged) to have your own, outside interests. I had two clients, (Katelin, and Maurice) who spent every minute of their free time together because they thought that is what married couples were supposed to do. Unfortunately, this meant that both Katelin and Maurice had to sacrifice things that they loved because the other person did not enjoy those activities. For Katelin, it was painting, and for Maurice, bowling. Both ended up miserable because they were not really following their hearts. Once they realized being married should mean having the freedom to be your true self and started doing things that they loved on their own, their relationship, and their level of intimacy flourished.

Having independent interests can be a great boost to your marriage. It allows you to step away for a while and reminds you of all that you have to be thankful for. Give yourself the time you need to nurture your own identity, even just an hour or two at a group or class, and your marriage will benefit.

☐ **You need to keep your opinions to yourself**

[Too many couples use avoidance as a form of conflict resolution](#) .

Unfortunately, by not dealing with issues as they arise, you create an even bigger issue that is more difficult to overcome. Avoidance leads to even more avoidance, which can eventually push you apart.

Jasmine and her husband Craig encountered this problem early on in their marriage. Craig would never help to clean up after a meal. Instead, he would head to the living room to watch television, leaving Jasmine to clean the kitchen and do the dishes. Jasmine never said anything because she did not want to nag her husband. Over time, however, Jasmine built resentment

towards Craig until one day she simply snapped and started yelling at him that he never helps. Craig did not know that his wife wanted help and felt blindsided, seeing her complaints as an attack on his character. Since Jasmine never spoke up about her needs, Craig ended up getting defensive and the two had a big fight. Instead, Jasmine could have voiced her need so that Craig understood how she was feeling, and the fight could have been avoided.

Another couple I know had a very different issue. Madeline and Owen had been married for many years and appeared to be the ideal couple, and in many ways they were. The only issue they had was Owen's best friend Bruce. Madeline disliked Bruce but knew that he was Owen's best friend. The two had known each other since grade school and they spent a fair amount of time together. Knowing their bond, Madeline never told her husband how she felt about his friend. Madeline did not like Bruce because he drank a lot, liked to party, and was often rude telling inappropriate jokes or making sexual comments that made Madeline uncomfortable when Craig was not around. One night Craig came home very late and he was obviously intoxicated. Craig and Madeline had a big fight and she told him that his friend was a 'loser' and that she hated him. Madeline did not 'hate' Bruce, she just did not think that he fit their current lifestyle and felt there should be some distance.

The two went to bed angry that night but the next day decided to [talk with a counselor](#). In counseling, Madeline voiced her opinion about her husband's friend, and they were able to openly talk and agree that limiting time with Bruce was important to their marriage. If Madeline had told her husband how she felt in the first place and explained that his friend made her uncomfortable, the two may have avoided a big fight and saved a lot of time and money in counseling.

Sharing your thoughts and feelings with your partner may be uncomfortable at times, you may worry about upsetting or angering them, but the alternative is far worse and can be detrimental to your union.

□ **Things will improve with time**

One of the worst pieces of advice we are given in life is *to give it time* . Time is not a magical cure. Time, without effort, will not [fix your marriage](#) . In fact, time can make things much worse if you are doing nothing. Intimacy depends on the amount of work that you are putting into your relationship. It is not something that simply grows with time. Just like a flower, you must provide your marriage with the things it needs to grow strong. While taking time is important, you can not rely on it to fix something that is damaged. Good marriages do not happen on their own, they are cultivated and created through hard work and endless effort.

The examples above are only a few of the misconceptions about marriage that we are exposed to regularly. You should take all advice with a grain of salt and choose the information that is supported by evidence and examples. Choose only what works for your lifestyle and what fits your image of an ideal marriage. No marriage will be perfect, you must find what a *good* marriage is for you and aim for that. This picture will be different for everyone, and that is alright. Aim for a relationship that allows you to be open and honest with your partner and you will be ahead of the game.

CAN A RELATIONSHIP SURVIVE WITHOUT INTIMACY?

Intimacy is vitally important to the survival of your marriage. Intimacy, not sex, is essential if you hope to have a successful relationship. Once lost, it is difficult to regain the intimacy you may have had. Thus, you must work consistently to build intimacy in your marriage from the start.

While intimacy is not synonymous with sex, the two often get lumped together in marriage. Finding yourself in a sexless marriage when this was not your choice or intention can be devastating and can leave you feeling frustrated and alone.

Rest assured, you can have a strong and healthy marriage without sex because intimacy is much more than sex itself.

A marriage requires intimacy to survive, but that does not mean it requires sex. There are many types of intimacy (we discussed some of these types earlier in this book). While physical intimacy tends to be the type most thought of when it comes to marriage, there is also spiritual intimacy, intellectual intimacy, and even experiential intimacy are vitally important to your connection with your partner.

Here we will take a closer look at the other types of intimacy and how they can help your marriage. We will also briefly discuss what to do if you or your partner have a fear of intimacy.

□ **Spiritual Intimacy:**

Spiritual intimacy may have nothing to do with religion, but it can serve a purpose and build a strong bond within your marriage. Something as simple as watching the sunrise or set together as a couple can be a moment of spiritual intimacy, as can a walk through a park and enjoying the beauty of nature.

If you and your couple do not share the same religious beliefs or dedication things may feel difficult at times. However, you can still share a spiritual connection with your spouse in other ways. Simply remember to talk honestly and listen deeply to one another's thoughts and feelings. Above all else, be accepting of your partner's different views.

To help you better understand this concept I want to tell you about Mark and Carly. This couple had been married for several years, however, Mark was non-religious, while Carly felt a deep connection with God. This often led to the couple having disagreements, especially once they had children. The couple eventually sought out [counseling](#) for the issue and they were told to talk openly about why they held the positions they did. Inside the sessions and outside of them, the two presented their beliefs and ideas about religion and each listened to the other person's thoughts calmly without judgment before responding. While Carly never converted Mark, she did get a deeper understanding of his viewpoint, which lead her to stop pushing the issue as much.

Not sharing a religious connection with your partner does not need to affect your spiritual connection. Often, understanding why your partner believes what they do can help you to better understand them as a person.

□ **Intellectual intimacy:**

You should feel comfortable communicating your needs and beliefs with your partner. There should not be fear of ridicule and this process should

not lead to fights every time. In a healthy marriage, partners do not feel pressure to agree with one another all the time and can appreciate differing viewpoints.

Intellectual intimacy is the ability to have a mature conversation with your partner and learn from their different thoughts and opinions.

My close friend Joe and his wife Sandra provide an excellent example of how you can use intellectual intimacy to your benefit. Joe and Sandra will often take the time to read the same book and will discuss their thoughts about it. They never argue about what the author meant in the writing. Instead, they can listen to one another's thoughts and compare the way the book was interpreted differently.

By sparking discussions where you are your partner may have different viewpoints, you can learn and grow as a couple.

□ **Experiential intimacy:**

Inside jokes and private memories are one of the best parts of being married. That shared connection that you feel with your partner is like none other. Creating experiences together will help to create closeness and build a stronger bond.

Make point of finding something that you both enjoy and doing it together. Not every outing will be one to remember, but the time spent together experiencing life will be. Some great ideas for building experiential intimacy include, camping, hiking, visiting a spa, going on a couple's retreat, or enjoying an exciting vacation. Almost anything you do together holds the potential for building intimacy.

How to Handle a Fear of Intimacy

For some people, the idea of intimacy is scary or foreign. Fear of intimacy is extremely common, and it is often there to protect the person from getting hurt. Everyone wants to be loved. [They desire that deep connection that only comes with being intimate](#), but sometimes they fear what that entails. For these people, the idea of love can be uncomfortable at a subliminal level. They may withdraw, run for the hills, or sabotage their happiness when they are faced with true love. However, that does not mean they do not deserve it.

Here are some things you need to know about the fear of intimacy and how you can help:

☐ **Fear of intimacy is very common:**

We have all been hurt and felt rejected at some point in our lives. For some, this has happened more often and/or has led to a belief that ‘I am not enough.’ A fear of intimacy is simply a lack of self-confidence.

If you are aiming to help your partner overcome a fear of intimacy, aim to increase their self-confidence.

☐ **Talking it through can help:**

Whenever you are dealing with fear it is important to embrace it. Name the fear, get to know it, and revel in its madness. Blog about it, talk about it, read about it. The better you know your fear, the easier it will be to spot and combat.

Talking about what it is about intimacy that scares you is an excellent way to overcome that fear. Open up to your partner, and if you are scared it will help. If they are the ones with fear, it will encourage them to face it. Talking about an issue is *always* the best solution and should always be the first step.

**Note: For deep-rooted fear of abandonment or intimacy it may be best to seek the [help of a professional](#).*

□ **Focus on the ‘truth’:**

Since fear of intimacy is often a lack of self-confidence, it is often helpful to focus on the truth to overcome the fear. For example, if you catch yourself thinking ‘I am not good enough’ try listing all your good qualities instead.

My friend Tara did this. She would catch herself thinking a negative thought and would immediately and purposefully replace it with a positive one. Sometimes openly in conversation. Over time, this act became a habit for Tara and the negative thoughts slowly disappeared.

While it can be difficult to catch every negative thought that goes through your head, you can deal with the ones you do catch by asking yourself ‘why’ you think or feel the way that you do at that moment and guiding your mind to the positive side of things.

It is important to remember that you are human. You are not without flaws. We all have them. That is what makes us unique.

□ **Do not stress about potential loss:**

If you truly want to love deeply, with your whole heart, you must learn to live with the potential of loss. With love comes the potential to get hurt, and that sucks but it should not hold you back from experiencing one of the greatest gifts that life has to offer.

Yes, your partner could leave you tomorrow. You could lose your job or house. You could also win a million dollars or a trip to a faraway land. While the thought of loss is scary, a life without love is even worse. Try to appreciate what you have right now, regardless of whether you will have it tomorrow.

HOW TO COPE WITH A LACK OF INTIMACY IN MARRIAGE.

There are many reasons why intimacy in a marriage may fade. Too many to list, in fact. However just because intimacy has dwindled does not mean that your marriage is doomed.

It is important to distinguish between having no intimacy and having no sex... While each of these issues can be troubling and problematic, there are different approaches to each. Intimacy is simple. It can be talking, holding hands, kissing, cuddling, etc. Sex is self-explanatory. Knowing which is missing from your marriage will help you address the issue and solve the problem faster.

Perhaps the closeness that you once shared with your partner is no longer present, maybe you are distant, or maybe you are not feeling that intimate physical connection. It may also be possible that you are rarely or no longer having sex. Whatever the issue, there are things you can do to [help rebuild the intimacy in your marriage](#) and different ways to cope. If you are reading this book, then you are taking the first step...

☐ **Talk to your partner about the lost connection:**

It is important to figure out if you both feel the same way about the intimacy in your marriage. Many times, one person feels lonely or neglected, while the other doesn't even realize that anything is wrong. Expressing your feelings to your partner will allow them to help create the changes you need to be happy.

☐ **Pick a time to talk**

Talking to your partner needs to happen, but you need to ensure it happens at the right time. You should pick a moment when your partner is not busy doing other things or dealing with outside stresses to ensure that you have their full attention.

□ **Make time to listen.**

With talking comes listening. You must listen to what your partner has to say when discussing any issue. Avoid putting words in their mouth or dismissing their thoughts and feelings by being an active listener. Listen to what they are saying and repeat it before you respond to them. It is important that you validate your partners feelings, even if you are in disagreement with them. The way they feel is extremely important to their happiness and your marriage. You cannot control your partners feelings, let them feel them, and instead simply explain why you feel the way you do.

□ **If the issue is sex...**

If a lack of sex is the issue you need to figure out the significance of it to your happiness. Is sex a deal-breaker? This is a very important (and very sensitive) subject. Approach it with caution but approach it just the same. You need to be able to answer questions like; how much sex is enough? How much is too much? Be honest with your partner about why you want or don't want sex and allow them to do the same. If the issue is a medical one, then you should seek the help of a doctor to address the issue.

THE CONSEQUENCES OF HAVING NO INTIMACY IN YOUR MARRIAGE.

It is an unknown truth that people do not often discuss but a lot of married couples struggle with a lack of intimacy. It is far more common than you think, and you are not the only one who is dealing with this problem.

If the thought of being intimate with your partner seems like an exhausting chore at the end of a long day, you may need to address your feelings of intimacy.

As stated, numerous times in this book, many things can affect the intimacy in your marriage, including:

- Low libido
- Childbirth or children
- Workload
- Stress
- Medical conditions and/or medications
- [Unsolved issues or resentment](#)
- Financial troubles

No one decided to remove intimacy from their marriage, it is just something that happens over time. While it can become frustrating, the good news is that there are things you can do to restore the intimacy in your marriage.

Unfortunately, the consequence of not working to restore that intimacy can be devastating and include things like...

□ **Arguments**

A lack of intimacy in a marriage can leave one or both partners feeling frustrated and resentful. This frustration can easily lead to arguments about trivial, non-important issues if a bigger issue of lack of intimacy is left unaddressed.

□ **Distance**

A lack of intimacy can mean that your partner becomes more like your roommate over time. You are no longer deeply connected and seem more like ships passing in the night. Without intimacy, you are basically just two people living in the same house.

□ **[Infidelity](#)**

Let's be honest, a lack of intimacy in your marriage can lead to looking for affection elsewhere. We all know that there is temptation at every turn, but when you are in a happy, healthy relationship, it doesn't get your attention as easily.

□ **Divorce**

It is a sad fact, but many marriages fall apart due to a lack of intimacy. Rather than trying to rebuild the connection they once shared, many couples simply give up.

Rebuilding the intimacy in your marriage is hard work, but it is *not* impossible. You simply need to want to regain the intimacy to achieve that goal and there are simple tools that can help...

REKINDLE THE INTIMACY IN YOUR MARRIAGE.

Intimacy is like your personality. It is there but you often take it for granted assuming it is a part of who you are. While this is true at a very basic level, intimacy does not simply exist because you have decided to get married. It is something that you build over time and something that you must work to grow and cultivate.

Marriage is hard but it doesn't have to be.

Knowing the various types of intimacy and how they fit into your current relationship, understanding the importance of having an intimate relationship with your partner, and understanding the consequences of letting that intimacy fade are vital if you hope to build a lasting bond.

As outlined in this book, a marriage can survive without sex, but it cannot survive a lack of intimacy.

Again, *intimacy is the feeling of closeness and familiarity you share with your spouse .*

Although the two are often equated, intimacy and sex are two very different things. Talking, hanging out, holding hands, or sharing experiences and ideas are all forms of intimacy. Each one of these things (as well as sex itself) works to build a bond in your marriage. If you want to be happier and feel more fulfilled in your marriage, you *must* focus on building intimacy with your partner in a variety of ways.

Communication is the key here. Successful marriages have open lines of communication where both partners feel comfortable sharing their

thoughts without fear of being judged. The goal is to be able to tell your partner anything and everything without worrying that they will get angry or upset. In this book, we briefly touched on this subject under the ‘fear of intimacy’ heading. We explained the way choosing the right *time* to talk can make a big difference, along with *willingly listening* to your partner's thoughts as well. Communication needs to be a two-way street if you hope to make a difference in your marriage.

This book also outlined the common misconceptions that often surround ideas of intimacy and marriage and provides you with the information you need to combat them.

Since chances are you are reading this book because you have noticed a decline in intimacy in your marriage, we have also included information on [how to cope with a lack of intimacy](#) as well as some of the consequences of not attempting to repair any issues you may be having.

As pointed out earlier, it is vitally important that you talk with your partner regularly to ensure that you are both on the same page. Remember, while you may feel that there is an issue, your partner may think things are fine. Never assume that you know what your partner is thinking. Instead, approach each and every issue within your marriage as if it is a mystery and seek out a solution together.

The truth is, if you want to have a deeper, more meaningful [connection with your partner](#), you must work to achieve it. Again, no marriage is perfect and lots of couples are struggling, just like you!

Intimacy is a vital part of any relationship, but none more so than marriage. Without it, it is unlikely the marriage will survive.

Use this book, and all three in this series, to help guide you along your journey and to build a better, deeper bond with your partner by taking the

advice and applying it to your own life.

This book, goes along with three others, namely

1. [How To Rekindle Emotional And Sexual Intimacy In Marriage : Women's Edition](#)
2. [How To Rekindle Emotional And Sexual Intimacy In Marriage : Men's Edition](#)
3. [How To Rekindle Emotional And Sexual Intimacy In Marriage : Couples's Edition](#)

These three books can help you connect or reconnect with your husband or wife to rebuild your marriage and get you back to the point you once were. There'll be two more books to follow in the near future as well so be sure to purchase the other books in this series and use them to your advantage as you work through them with your spouse.

The different versions of this book allow readers to digest the information differently according to gender. As explained in this book and the other one on the market, men and women think and act differently, each of the books is meant to appeal to their differing thought styles and mannerisms. This allows you to find the connection required to make a difference in your marriage.

If you are feeling rejected and unloved. If you are lonely in your marriage or feel like your marriage has become mundane. This book and the others in the series can help you. If you feel like you are living with a roommate rather than a spouse and you find yourself wishing that you could connect with your partner on a deeper level, then take this advice to heart and apply these suggestions to your marriage today.

You can build intimacy and recreate romance in your marriage!!!

Much like this book, the next books can give you deeper insight into your marriage and help you overcome obstacles that may be standing in your way.

In the book “ [*How to Rekindle Emotional and Sexual Intimacy with Your Husband*](#) ” 6 Steps to rekindle your romance are outlined:

- **Step 1:** Building yourself back up... The importance of self-confidence.
- **Step 2 :** Building up your partner... How to build a better bond by building up your husband's confidence.
- **Step 3 :** Dancing in the rain... The importance of spontaneity in a relationship.
- **Step 4:** Understanding the importance of intimacy... How to get your groove back.
- **Step 5 :** Stepping out of your comfort zone... How to understand your body and push your limits.
- **Step 6 :** Building on these basics and exploring new possibilities.
- **Conclusion :** How to use these tips to help you build a better, stronger marriage.

The advice in both books is based on real-life experiences of couples just like you!

Each of the steps outlined in these books is easy to follow and has been proven to help rekindle the romance or intimacy in marriage.

Marriage is complex and each couple has a unique set of issues, but with time, dedication, and a little bit of guidance, you *can* get to the root of any problem and find a solution that works for you.

You no longer need to feel lonely or alone in your marriage. Take control of your life and build a deeper, stronger bond with your partner today!

These books will guide you through the process and provide you with the tools you need to make your marriage successful. The real-life examples are there to help clarify and show you ways to implement the suggestions into your marriage so that you can live a happier, more loving life.

As you'll soon see, it's possible to create or recreate a better, stronger and more intimate bond with your partner. So, what are you waiting for ? Click the link(s) below...

1. [“ Rekindle Emotional And Sexual Intimacy With Your HUSBAND ”](#)
—
2. [“ Rekindle Emotional And Sexual Intimacy With Your WIFE ”](#)
3. [“ Rekindle Emotional And Sexual Intimacy With Your SPOUSE ”](#)
4. [FREE Marriage Assesment And Advice From World Renowned Relationship Psychologist – Mort Fertel](#)

THE END

Dear reader.

Thank you for reading my eBook, “Rekindle Intimacy In Marriage with 6 proven Tips”

It means the world to me.

I hope you gained some value from it that can be useful in your situation.

I also hope you enjoyed reading the book as much as I enjoyed researching and writing it.

I value your opinion.

That’s why I’d like to ask for a small favor.

Would you be so kind to leave an **HONEST** review on amazon?

I will greatly appreciate it because reviews are really important to independent authors like me.

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Thank you in advance for your support!

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OTHER BOOKS BY AUTHOR

1. [Rekindle Intimacy In Marriage With 6 Proven Tips : Women's Edition](#)
2. [Rekindle Intimacy In Marriage With 6 Proven Tips : Men's Edition](#)
3. [Rekindle Intimacy In Marriage With 6 Proven Tips : Couple's Edition](#)

FREE VIDEO



Dear Reader, Check out this surprisingly FREE video by my friend and world-Renowned marriage and intimacy coach, and bestselling author, Brad Browning...

Yes! This FREE video will teach YOU simple, proven techniques for repairing and saving almost *any* marriage, and build a happy, lasting and devoted Marriage.

[Just Click This Link And Watch YOUR FREE Video](#)

AUTHOR SUGGESTIONS

Throughout my career as a [marriage and relationship counselor](#), I have come across several resources that personally helped me, my friends and readers restore emotional and sexual intimacy in my and their relationships. Feel free to check them out below...

[**Deck of Destiny: The FREE Card Game That'll Electrify Your Romance life**](#)

[**7 Secrets to Fixing Your Marriage – Mort Fertel**](#)

[**How to Save Your Marriage, Stop Divorce & Re-Inject Passion**](#)

[**Save Your Marriage Today \(Even If Your Spouse Doesn't Want To\)**](#)

[**Relationship Magic: How to Know That You're Meeting Your Man's Needs**](#)

[**Soulmate Secret Sauce for Pure Passion and Total Dedication to Each Other**](#)

[**Soulmate Embrace: How Every Woman Dreams Of Being Held by a Man**](#)

[**8 Playful Bedroom Adventures: Fresh, Fun Ways To Make It Steamy**](#)

[**How To Be Instantly Hotter And Sexier In Bed For Your Husband**](#)

[**Butterfly Warm-Up: How To Expand Women's Orgasmic Pleasure**](#)

[**Orgasmic Fantastic Sex Date: Set Up The Scene For Uninhibited Passion**](#)

[**Top 10 Fantasy Techniques: Turn On Your Man's Deepest Sexual Desires**](#)

[**Come Full Circle: The ONE Sex Position That Rules Them All**](#)

[**This simple trick makes women crave you \(free video\)**](#)

[**\[FREE BOOK\] Attract, date and seduce women in 8 easy steps**](#)

[**43 Texts That Guarantee Sex**](#)

[**Daygame Domination : Lunch Break Sex**](#)

[**GIRLFRIEND GUARANTEED: Get her in under 60 minutes...**](#)

[SOULMATE SEQUENCE : Inner game LIES and MISTAKES...](#)

[Silent Seduction : Awaken Her Inner Tramp With This Trick](#)

[Sexual Activation Blueprint : This might be illegal, but it'll get you laid](#)

[Sexual Decoder System: Here's How To Spot The Easy Girls!](#)

AUTHOR BIO

Taylor Snow is an American author, blogger, life coach and marriage/family counselor. Her passion for building healthy relationships is evident in her marriage, which only grows stronger with the passage of time, so she dedicates her life to making other relationships just as satisfying.

Wielding her marital success and experience as an educational tool, Taylor dedicates her life to providing time-proven solutions to problems arising in relationships. Thus, her books center on marriage, dating, sexual wellness as well as personal development.

Her writing career was inspired by a compelling innate need to provide practical solutions to problems arising in relationships, so she spent the past twenty years establishing herself as an authority in her niche, providing innovative advice for couples, helping them become the best versions of themselves while still getting the most out of their relationships.

Married with three kids, she currently resides in Orlando, Florida, with her family and her beloved Chihuahua, Coco.

Like her Facebook page www.facebook.com/taylorsnowromance

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Follow her on Twitter: <https://twitter.com/iamtaylorsnow>

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ACKNOWLEDGEMENT PAGE

Writing this book has been both pleasurable and agonizing, and required more than just my own hands to chisel something comprehensible about it.

First and foremost, I want to thank my parents for putting up with my piped dream for all these years and continuing to support me anyway.

My husband for always supporting me unconditionally, and my sisters for always having my back and being brutally honest and critical...

My friends for their motivation...

And finally, I want to thank you the reader, for coming along on this ride. I hope you had fun and learned something that could help improve your marriage or relationship.

This book is just the beginning of a long series of self-help guides that will address and attempt to solve relationship issues that people go through every day. So be on the lookout for my next book.

I am always listening to my readers. That's why your feedback is important to me.

If you haven't already, I would love and appreciate for you to leave an honest review on amazon. A line or two will do. Thanks

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