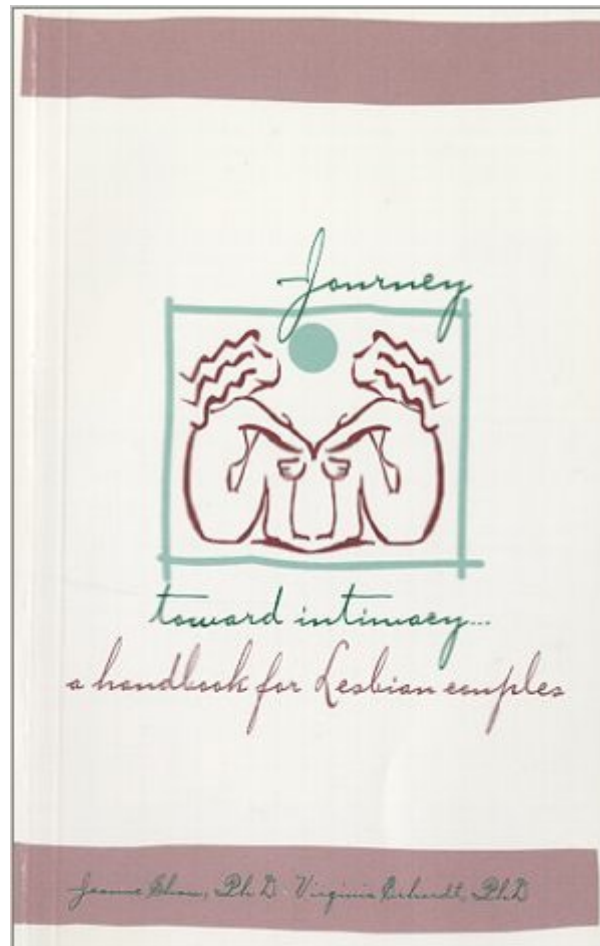


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# Journey Toward Intimacy: A Handbook For Lesbian Couples



## Synopsis

The handbook for lesbian couples introduces new perspectives about being sexually intimate and deeply related. It is for female couples who want a lasting, juicy relationship as well as for couples who are bored or unfulfilled. Couples are invited to risk being erotic in their relationship without help from fantasies, videos, sex toys, or genital "techniques." Partners are invited to learn how knowing oneself can lead to sexual enthusiasm with a partner.

## Book Information

Paperback: 118 pages

Publisher: Couples Enrichment Institute, (January 1, 1997)

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #2,045,370 in Books (See Top 100 in Books) #120 in [Books > Gay & Lesbian > Nonfiction > Sexuality](#) #3194 in [Books > Medical Books > Psychology > Sexuality](#) #4341 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#)

## Customer Reviews

My first disappointment with the book came when I realized that instead of focusing on creating intimacy generally, as the reviews and description led me to believe, the book is actually a guide to increasing sexual intimacy. I did decide to keep the book and found that the exercises are good for helping partners or individuals to clarify their sexual attitudes and explore their comfort zones. The book would be more helpful if more information were included; the format consists of short (1-2 page) introductions to the exercises and checklists of varying lengths. In some cases, however, it's unclear exactly what is meant by some of the items the reader is asked to check or leave unchecked, and it seems that a more fleshed out explanation would help most people. Because the exercises are thought exercises, they can't rely on physical experience to help make clear the goals of each. On the positive side, the book could be a non-threatening first step toward opening sexual communication between partners. I would recommend it to couples who find that they have sexual dissatisfactions they are uncomfortable discussing or unable to discuss in a productive way. The exercises are fairly basic, though, and for couples who are more practiced in communicating, they

may not be as helpful.

This book was exactly what my partner and I needed to help us to overcome our tendency to stay in a comfortable rut. Our long-term relationship was harmonious, but it lacked emotional intimacy. Over time, I believe this led to a deadening of our eroticism as well. Playfully sharing our responses to the exercises in this book offered us the opportunity to get to know each other in new, deeper ways, helping us to move beyond our anxieties about authenticity. The result has been exciting, validating, and very much worth the journey which has led us into passion we've never known together.

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