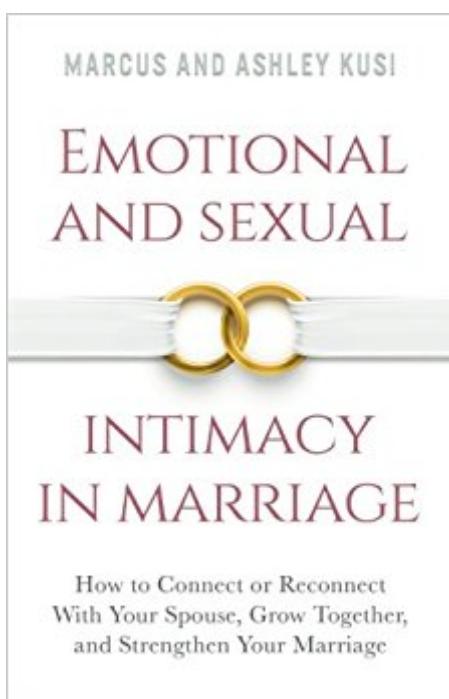


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# Emotional And Sexual Intimacy In Marriage: How To Connect Or Reconnect With Your Spouse, Grow Together, And Strengthen Your Marriage



## Synopsis

How to connect or reconnect with your spouse, grow together and strengthen your marriage - EVEN if you don't know where to start. Do you feel something is missing in your marriage? Do you feel like roommates? Are you worried about drifting apart? Do you ever miss the connection you once had? Do you want to fall "in love" again so you can rekindle intimacy in your marriage? Needless to say, you are not alone. The truth is, we all want to feel loved and desired by the person we have committed to spend the rest of our life with. Somewhere along the journey, life gets in the way; busy schedules, pregnancies, kids, health issues, looming work deadlines, career changes, unexpected life and family events, etc. Your spouse is physically present with you, but it feels like they are miles away. The spark and excitement is starting to wane. You are slowly growing apart. The sad truth is this: Lack of intimacy in a marriage can easily lead to resentment, anger, frustrations, feeling neglected and even divorce. But, don't give up yet. No matter how hopeless you feel about the state of your marriage, we believe you can rekindle intimacy with your spouse. Because, it happened to us too. We used to be just like you, missing that deep connection, meaningful conversations, and excitement we had when we first met. However, we have used what we share in this book to reconnect, grow together and rekindle intimacy in our marriage; emotionally, intellectually, spiritually, physically, sexually, and much more. As a result, we now have a healthier, happier, sexier and satisfying marriage. In this book, you will learn how to:

1. Connect or reconnect with your spouse so that you can rekindle your marriage, without breaking your budget.
2. Overcome emotional, physical, and sexual intimacy issues like mismatched sexual desires in the bedroom.
3. Communicate your feelings with courage, even when you are hurt, frustrated or angry.
4. Create a safe haven so you can be vulnerable with each other without feeling judged.
5. Deal with anxiety about intimacy for yourself or your spouse.
6. The 5 simple things we do every day that has been proven to strengthen intimacy in many marriages; even if you don't have much time.
7. More than 52 conversation starters for deeper conversations, building trust, intellectual and emotional intimacy.
8. The different forms of intimacy every couple needs to know so you can build that intimate connection you both desire.
9. Over 69 simple, yet effective ways to rekindle intimacy, romance, and the passion you once had. Plus, the 30-day and 12-month intimacy challenge for couples; which is about practicing intimacy in your marriage every single day. You see, a marriage without emotional and sexual intimacy is bound to be unfulfilling. So, if you want to enhance intimacy in your marriage, rekindle the romance, and have satisfying sex with your spouse, then this book is for you. More importantly, Emotional and Sexual Intimacy in Marriage will change the way you relate with your spouse, live your marriage, and make intimacy a part of your daily life - starting

today! Scroll to the top to get your copy of this intimacy book for couples today.

## Book Information

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## Customer Reviews

Marcus and Ashley have made another book about how to strengthen your relationship. There is so much in this book. It talks about the finer details on how to expand and grow as yourself and with your spouse and some tips on how to do so! One of my favorite chapters was the one about spiritual intimacy. I think it's one of the things my husband and I struggle with the most and I have never thought that there are ways around not sharing the same beliefs and sharing with your kids.

It's about the core learning and feelings, not all the extra stuff. Another thing that makes the books from Marcus and Ashley unique is that they add their own personal stories to it as well so it's not just "this is how you fix it" they add their own personal touch that they have gone through it and they want others to not have to. Although it is a part of being a couple.-- Melani Smith, United States

I've been looking for a book that discussed the different categories of intimacy and how to achieve them for over 2 years! I'm so glad that I finally found this book! It's EXACTLY what I've been looking for and feel so empowered! It teaches you about every form of intimacy: emotional, intellectual, relational, social, spiritual, and physical & sexual. What I love about it is that it gives a lot of ideas and empowering questions for growing each category so it serves as a guide for both people with the questions and guidance on how to build intimacy together. Instead of mastering hard concepts, it's very practical and actionable, and helps those who may be less emotionally intelligent or aware

of their emotions so you can help draw them out with your questions and conversations! Thank you so much Marcus and Ashley! I've read probably over 100 marriage books from simple to complex and THIS is the book that gave me my hope and sense of empowerment back to achieve the kind of relationship that I've been looking for with my significant other!

Let me start off with this - If you read this book and come away with nothing substantial, you have to be adamantly against the idea of accepting any help whatsoever, because there are so many wonderful suggestions listed in this book, about how to strengthen the most important types of connections you can have with your spouse. And while my husband and I are definitely new to marriage, I found myself agreeing with a lot of Marcus & Ashley's advice, relating to our own experiences of having the past 8 years of living together under our belt as well. I feel like the two of them have been through it all and come out even stronger for it, which is evident through their writing. What really resonated with me was the concept, introduced in Chapter 6 (Physical & Sexual Intimacy), of never giving up on the notion of pursuing your spouse. It's so true, because once that happens, the excitement and passion in a relationship starts to drift away. At least that's been my experience, and I love that this book reminded me of that simple concept. Also, I really like the way in which the book is written: with simplicity & efficient reasoning. Plus, they provide plenty of inspiration to strengthen various aspects of connections & intimacy within your marriage, with lots of specific examples and realistic suggestions. I would definitely recommend this book to couples who are struggling with their marriage, and who are willing to put in the effort to resolve the possible problems they may discover.

Very engaging and informative book! The Kusi's have done it again! I would recommend this book to all couples most definitely!

I enjoyed this book very much. It's helpful for any couple who wants to strengthen their marital bond. I really liked the style it was written in. It has the explanation of the concepts, real-life examples from the authors (who are totally relatable!), and then instructions on how to implement it in your marriage. It's nothing crazy that makes you feel like it's impossible to do. It's small things that everyone can apply to their marriage to make it stronger. This book brought up a lot of good points. It mentions "resentment" quite often. It's so right. It is a major factor that has to be addressed. I recommend this book to all couples! I received this book for free in return for my honest opinion and review.

This is a most appropriate book to help couple improve and enhance their relationship as well as help with intimacy. I recommend this to all married couples.

Another great one by Ashley and Marcus Kusi. I am really enjoying this read and learning a lot about myself and my relationship. Highly recommend for any couple, whatever path they may be on.

It was a good start, else silly for communicating and learning each other. My relationship is at a level where these things are getting really good. Was hoping for a little more in depth. All in all it was good.

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