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Sexual Awareness: Your Guide to Healthy Couple Sexuality



Par Barry McCarthy, Emily McCarthy
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Description :

Prsentation de l'diteurIn the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, Sexual Awareness focuses on factors that promote and subvert healthy couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better. Prsentation de l'diteurIn the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, Sexual Awareness focuses on factors that promote and subvert healthy couple sexuality. Reading this book and

partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better. Biographie de l'auteur Barry McCarthy, PhD, is a clinical psychologist, professor of psychology, and certified sex and marital therapist. He has published extensively on couples and sexuality and has done over 300 professional workshops nationally and internationally. He is also the recipient of numerous awards, including the 2009 Smart Marriages Impact Award. Emily McCarthy, having worked for years as a speech therapist, now collaborates with her husband on books that address issues faced by couples.