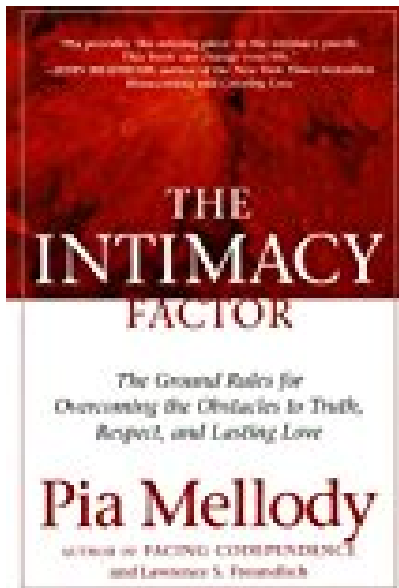


The Intimacy Factor The Ground Rules for Overcoming the Obstacles to Truth Respect and Lasting Love



BOOK DETAILS

- Author : Pia Mellody
- Pages : 215 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 0060095806

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BOOK SYNOPSIS

In her first book in over 10 years, Pia Mellody—author of the groundbreaking bestsellers *Facing Codependence* and *Facing Love Addiction*—shares her profound wisdom on what it takes to sustain true intimacy and trusting love in our most vital relationships. Drawing on more than 20 years experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes them work. Using the most up-to-date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy. This invaluable resource helps diagnose the causes of faulty relationships—many of them rooted in childhood—and provides tools for readers to heal themselves, enabling them to establish and maintain healthy relationships.

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