



# Intimate Connections

**Albert Ellis, Ted Crawford**



## **Intimate Connections:**

Making Intimate Connections Albert Ellis, Ted Crawford, 2000 This is the first book to apply Dr Ellis's famous Rational Emotive Behavior Therapy principles to intimate relationships The seven guidelines for better couple communication offered in this user friendly guide emphasize non blaming acceptance integrity mutual support appreciation replacing irrational ideas and expectations with realistic attitudes An effective resource for couples seeking greater closeness intimate partners who are willing to make unilateral changes marriage and family therapists a breakthrough relationship guide from the father of rational therapy

**Intimate Connections** R. Winn Henderson M. D., 2014-06-06 In our modern society we live isolated lives among crowds of people and with most of us rushing from here to there All the while many people make demands on our time and our talents We search for someone with whom we can share an intimate connection yet it seems to elude many of us How can we find the intimacy we crave when we and everyone else always seem to be rushing and coping with so many competing schedules and agenda Wouldn't it be great if you could identify whether you and another person have enough in common to build a truly intimate relationship that holds the love potential that might enable you to have a healthy loving relationship for years to come If you're already in a loving relationship are you looking to improve or strengthen your bond with each other in a way that will withstand the stresses of living in our modern increasingly busy and sometimes isolating society Are you living with the fear that you and your relationship partner are growing farther apart and that although you both want to fix what's wrong you just can't seem to get there Have you found someone with whom you feel mutual attraction and want to quickly determine whether there's a potential future for the two of you before one or both become too emotionally connected Is your relationship somewhere in between the scenarios presented above or a combination or something else altogether but you want to grow the relationship into something better or more than it is today Are you single and without a relationship partner on the horizon but you want to learn more about positive and healthy relationships so you know how to approach future romantic relationships Intimate Connections Romantic Relationships provides the answer

Internet Dating Chris Beasley, Mary Holmes, 2021-05-16 Internet Dating deals primarily with the experiences of UK and Australian daters examining their online accounts to see what kinds of narratives norms emotions and chemistry shape their dating Has the emergence and growth of internet dating changed the dating landscape for the better Most commentators popular and academic ask whether online dating is more efficient for individuals than offline dating We prefer a socio political perspective In particular the book illustrates the extent to which internet dating can advance gender and sexual equality Drawing on the voices of internet daters themselves we show that internet dating reveals how social change often arises in the unassuming everyday and familiar We also pay attention to often ignored older daters and include consideration of daters in Africa Scandinavia South America Asia and the Middle East Throughout we explore the pitfalls and pleasures of men and women daters navigating unconventional directions towards more equitable social relations

**Activate Nelson**

Searcy, Kerrick Thomas, Jennifer Dykes Henson, 2018-03-06 Church leaders want to know how to make their small groups work Drawing from the startling success of small groups at The Journey Church Nelson Searcy and Kerrick Thomas debunk the myths set the record straight and show how church leaders can implement a healthy small group ministry that gets the maximum number of people involved and solves many of the important problems facing churches of all sizes These practical strategies will produce life changing results *Get in the Muck* Marie Herbert, 2019-09-27 A thoughtful and introspective look into our most important relationships including the one we have with ourselves *Get in the Muck* provides insight in an honest approachable way that allows readers to recognize themselves and their partners in the scenarios Conceived when my own long term relationship ended and fully crafted after years of clinical experience as a Licensed Marriage and Family Therapist *Get in the Muck* delivers practical experiential wisdom in a direct conversational style Assuming the goal of all relationships is the highest possible level of intimacy or connectedness *Get in the Muck* guides people toward the practical ways they can sink into the depths of life together To really understand our partners and respect them based on the road they traveled is just one of the requirements to building that intimate partnership Chapters such as Separateness Can Bring You Together and Remember Who You Are and Where You Came From read like solid counsel not from a distant clinician but from a trusted confidante **Sacred Seduction** Ember Winters, 2024-04-27 Delve into the ancient art of Sex Magick with *Sacred Seduction* by Ember Winters a captivating guide to unlocking desires and manifesting change Explore rituals spells and techniques to harness sexual energy for manifestation Learn the history principles and practices of Sex Magick and awaken divine energies within With practical insights and enchanting storytelling Ember Winters empowers readers to embrace sensuality and transform their lives Dive into *Sacred Seduction* and embark on a journey of empowerment and magical transformation Note Contains mature themes Reader discretion advised Grab your copy now **Logged In and Stressed Out** Paula Durlofsky, 2020-12-21 Social media is here to stay and *Logged In and Stressed Out* presents the right information and tools to improve our lives through examining and changing our digital habits America is facing a mental health crisis Studies show that the average American is spending more than 10 hours a day in front of their screens suicide rates are at an all time high and mental health professionals are working hard to address social media's role in this epidemic Social media can sometimes feel like an unpredictable roller coaster ride One's mood can swing from elated after getting a slew of likes on a post to worthlessness and deflation in response to being criticized in a comment thread Too often bad feelings from social media interactions linger negatively affecting our off line lives and worsening already present mental health issues Instead of demonizing social media by taking a one note digital detox approach *Logged In and Stressed Out* recognizes social media is not itself the problem it's how we use it that needs examining Paula Durlofsky guides readers through its impact on break ups and infidelities social distortion and comparison trauma and triggers social media bingeing depression anxiety and other common concerns using real stories from her own practice to personalize concepts and

recommendations By setting needed limits and embracing new practices it is possible to improve mental health when using social media Durlofsky details the whys and hows of creating a safe digital space cultivating digital and social media mindfulness applying the techniques of metalizing while consuming social media and decreasing social media and digital reactivity She offers suggestions for how to use social media and digital technology to create meaningful social interactions and positive mental health and provides readers with practical steps to put these ideas into action Social media is here to stay and Logged In and Stressed Out presents the right information and tools to improve our lives through examining and changing our digital habits

### **Love Beyond Words How Faith Impacts Our Deepest Connections** Bryant

Davis,2023-06-19 Love Beyond Words How Faith Impacts Our Deepest Connections is a groundbreaking book that explores the role of faith in building and maintaining healthy relationships Drawing on the latest research and insights from experts in the field this book offers practical advice guidance and inspiration for anyone seeking to deepen their connection with their partner and build a lasting fulfilling relationship The book covers a range of topics including the importance of commitment communication intimacy and desire in relationships Each chapter offers insights and strategies for overcoming common challenges and strengthening your relationship

**Love Unlimited** Leonie Linssen,Stephan Wik,2010-08-01 Based on the case studies of 12 actual couples and individuals who are grappling with the complexities and challenges of responsible nonmonogamy this helpful resource delves into various types of open relationships The stories included have a varied cast of characters monogamous heterosexual homosexual bisexual and polyamorous but they all share a desire to find practical and realistic solutions to their life situations Each chapter concludes with tools and tips that provide valuable assistance for grasping the subject covered Accompanied by short texts that give fascinating insights into how other cultures and traditions from the Taoist to the Celtic and beyond have accommodated nonmonogamous relationships this remarkable exploration offers a down to earth approach to a growing population

*Adult Development* Jan D. Sinnott,2014-07-08 Relationships especially close relationships are among the most important aspects of life for most of us Close relationships reach to the very heart of our happiness but exactly what processes or skills over the course of a lifetime help us learn to relate to one another more and more deeply and to grow past the differences and problems that might divide us Adult Development applies the concept of complex postformal thought in order to explore how certain cognitive processes support individuals close relationships such that those relationships grow stronger and richer over time Complex postformal thought allows a person to deal with everyday logical contradictions by letting that person understand that reality and meaning are co created In this way postformal thought enables adults to bridge two contradictory but logical positions and reach an adaptive synthesis of them through a higher order logic Taking this inquiry a step further Sinnott examines the role played by postformal thought in intimate relationships those between spouses partners parents and children siblings and close friends Sinnott argues that postformal thought seems to develop later in life and is somewhat akin to the concept of wisdom Based

on 30 years of research this book diverges from typical contributions to this field by discussing positive adult development in the context of close relationships Rather than focusing on the emergence of deficits of adulthood and particularly aging Sinnott instead explores the cognitive processes that are important in creating and sustaining close ongoing relationships

**Empower Your Sexuality: A Woman's Guide to Thrilling Intimacy** Suzy Hawley, In Empower Your Sexuality A Woman's Guide to Thrilling Intimacy discover the keys to unlocking a fulfilling and empowered sex life From navigating the dating scene to understanding your own desires and boundaries this book offers practical advice and empowering insights for women seeking to revitalize their sexual experiences With chapters dedicated to meeting potential partners understanding the right time for intimacy and embracing the joy of casual encounters you'll learn to navigate the complexities of modern relationships with confidence and clarity Dispelling myths and societal expectations this book celebrates the freedom to explore and express your sexuality on your own terms Whether you're seeking a committed partnership or embracing the pleasures of casual sex Empower Your Sexuality provides valuable guidance for cultivating intimacy pleasure and self care in all aspects of your sexual journey Through open communication self discovery and a celebration of your sexual power you'll embark on a transformative path toward authentic and fearless living *Principles of Equity* Lord Henry Home Kames,1800 *Social Media and Personal Relationships* D. Chambers,2013-02-21 This book explores how digital communication generates new intimacies and meanings of friendship in a networked society developing a theory of mediated intimacies to explain how social media contributes to dramatic changes in our ideas about personal relationships through themes of self youth families digital dating and online social capital [Encyclopedia of Human Relationships](#) Harry T. Reis,Susan Sprecher,2009-03-15 Library Journal Best Reference 2009 An excellent gateway to further examination of any of the subdisciplines of relationship science or as a research tool in its own right Library Journal Relationships are fundamental to nearly all domains of human activity from birth to death When people participate in healthy satisfying relationships they live work and learn more effectively When relationships are distressed or dysfunctional people are less happy less healthy and less productive Few aspects of human experience have as broad or as deep effects on our lives The Encyclopedia of Human Relationships offers an interdisciplinary view of all types of human associations friends lovers spouses roommates coworkers teammates parents and children cousins siblings acquaintances neighbors business associates and so forth Although each of these connections is unique in some respect they share a common core of principles and processes These three volumes provide a state of the art review of the extensive theories concepts and empirical findings about human relationships Key Features Compiles leading edge information about how people think feel and act toward each other Presents the best in the field authors who have contributed significant scientific knowledge about personal relationships over the past several decades Offers a diverse approach to relationship science with contributions from psychology sociology communication family studies anthropology physiology neuroscience history economics and legal

studies Key Themes Cognitive Processes in Relationships Communication Processes Creating and Maintaining Closeness Dating Courtship and Marriage The Dark Side of Relationships Emotion Processes in Relationships Family Friendship and Caregiving in Adulthood Health and the Biology of Relationships Methods for Studying Relationships Personality and Individual Differences Prevention and Repair of Relationship Problems Psychological Processes Sexuality Social Context of Relationships Social Relations in Childhood and Adolescence Theoretical Approaches to Studying Relationships Types of Relationships Our relationships influence virtually all aspects of our everyday existence and are of deep interest to students researchers academics and laypeople alike This Encyclopedia is an invaluable addition to any academic or public library

**Communication Yearbook 5** Michael Burgoon, 1981-12-01 Published under the auspices of the International Communication Association this volume the fifth in the Communication Yearbook series provides an annual overview and synthesis of developments in the science of communication Disciplinary reviews and commentaries on general topics in all subdivisions of communication accompany analyses of developments in communication theory and research in specialized areas within the communication sciences Among the areas covered are information systems interpersonal communication political communication instructional communication health communication mass communication organizational communication and intercultural communication Reviews and commentaries are commissioned by the editor and divisional overviews are prepared by scholars in each area of specialization Articles presenting current research are selected through competitive judging processes within each interest area *Sex, Money and Power* Bill Jordan, 2004-10-08 Intimacy choice movement these are the elements that make up the desirable lifestyle in the mainstream of affluent societies They also undermine traditional forms of power and control and create a web of connections between individuals all over the world which promises to be more flexible and less restrictive than any that has existed before But Bill Jordan argues our present global institutions have shut out the majority of the world's population who are left to rely on quite different bonds of blood soil and faith **Time and Migration** Ken Chih-Yan Sun, 2021-05-15 Winner of the Richard Kalish Innovative Publication Book Award from the Gerontological Society of America and Winner of the Outstanding Publication Book Award of the American Sociological Association's Aging and Life Course Section Based on longitudinal ethnographic work on migration between the United States and Taiwan Time and Migration interrogates how long term immigrants negotiate their needs as they grow older and how transnational migration shapes later life transitions Ken Chih Yan Sun develops the concept of a temporalities of migration to examine the interaction between space place and time He demonstrates how long term settlement in the United States coupled with changing homeland contexts has inspired aging immigrants and returnees to rethink their sense of social belonging remake intimate relations and negotiate opportunities and constraints across borders The interplay between migration and time shapes the ways aging migrant populations reassess and reconstruct relationships with their children spouses grandchildren community members and home as well as host societies Aging Sun argues is a

global issue and must be reconsidered in a cross border environment

### **Couples Connecting** Barbara Jo

Brothers,2013-11-05 Help clients grow into loving commitment Making and keeping commitments is more difficult today than ever About half of all marriages end in divorce and serial monogamy is not uncommon Couples Connecting Prerequisites of Intimacy identifies the cultural and personal attitudes that impede commitment and impair intimacy and it gives you the therapeutic tools to work with clients who don t know how to build a lasting love Couples Connecting examines why past theories of self actualization are now failing Because our culture emphasizes individualistic values people do not learn how to create and share bonds with others Therapists must become developmental partners for clients who need to overcome failures of maturation in order to have successful loving relationships with their partner This essential guide offers you practical techniques and case studies as well the theoretical underpinnings to deal with this crisis of intimacy Couples Connecting provides specific insightful studies on overcoming obstacles to genuine commitment including identifying patterns of anger in distressed and nondistressed couples ways to help engaged couples overcome the fear of following negative family patterns using family systems theory and psychodynamics to understand developmental issues in marriage suggestions for clinical practice with couples who fear intimacy implications of ten essential factors in intimacy Couples Connecting will help you design and use techniques to promote personal growth and bridge gaps between clients to help couples achieve satisfying and intimate relationships

### **Chasing We-ness** William Marsiglio,2023-02-27

As humans we embrace our individuality yet we chase the comfort and sense of purpose that comes from being part of a group Especially timely given our polarized world Chasing We ness examines how social media AI new leadership styles and other modern developments affect our state of we ness It illuminates how our contemporary identities find expression in both progressive and conservative social movements that foster a sense of we ness Embracing the reality that we re all in this together the book interrogates our efforts to achieve a state of we ness that rejects hate social injustice and autocratic agendas in the twenty first century This book explores why how and with what effect we build we ness into our lives in both healthy and destructive ways William Marsiglio draws on his expertise as a leading sociologist to explore the motivational forces that inspire a sense of group belonging in intimate groups civic organizations thought communities sports and leisure activities and work Promoting initiatives that cultivate mindfulness empathy altruism and leadership Chasing We ness proposes essential life skills to empower us reduce social divisions strengthen the social fabric and uplift our spirits as global citizens

### Modernist Soundscapes Angela Frattarola,2018-11-12

At the turn of the twentieth century new technologies such as the phonograph telephone and radio changed how sound was transmitted and perceived In Modernist Soundscapes Angela Frattarola analyzes the influence of the age of noise on writers of the time showing how modernist novelists used sound to bridge the distance between characters and to connect with the reader on a more intimate level Frattarola tunes in to representations of voices noise and music in works by Dorothy Richardson Virginia Woolf James Joyce Jean Rhys and Samuel



Beckett She argues that the common use of headphones which piped sounds from afar into a listener's headspace inspired modernists to record the interior monologues of their characters in a stream of consciousness style Woolf's onomatopoeia stemmed from a desire to render the sounds of the world without mediation similar to how some contemporaries hoped that recording technology would eliminate the need for musicians Frattarola also explains how Beckett's linguistic repetition mirrors the mechanical reproduction of the tape recorder These writers challenged ocularcentrism the traditional emphasis on vision in art and philosophy and instead characterized the eye as distancing and analytical and the act of listening as immediate and unifying Contending that the experimentation typically associated with modernist writing is partly due to this new attentiveness to sound this book introduces a fresh perspective on texts that set the course of contemporary literature

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