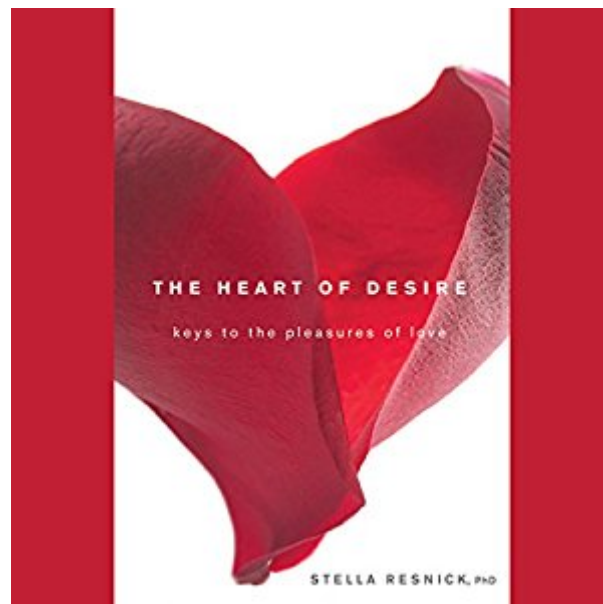


The book was found

The Heart Of Desire



Synopsis

How can you keep sexual desire alive over the long term? More and more people are finding it difficult to maintain a relationship that is both emotionally and sexually gratifying. In a book that will challenge and forever change how you think about love and sex, clinical psychologist and sex therapist Stella Resnick, PhD, draws on the latest scientific research to explore the love-lust dilemma. Dr. Resnick reveals how early programming can inhibit sexual desire as lovers become committed partners and begin to treat each other less like lovers and more like family. Dr. Resnick's revolutionary body-mind program will help you recognize limiting old patterns, learn valuable skills for enhancing romantic love and sexual aliveness, and tap into your natural capacity to enjoy emotionally fulfilling sexual pleasure. You'll discover: A 10-Step Loving Sex Program with detailed methods for deepening the pleasures of emotional intimacy and broadening your erotic repertoire. The latest research in sexology, neuroscience & technology, brain neuroplasticity, and the psychology of flourishing with practical applications for relationships. Real-life stories from the author's decades of work with clients and her own personal journey.

Book Information

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Customer Reviews

This takes the knowledge that everyone who's ever cheated -- or simply acted out of lust with highly pleasurable results -- takes for granted. And then frames it in the context of a loving, enduring relationship. This is the understanding that to truly enjoy sex with someone, to truly let go, to seek pleasure, we just can't love them "too much." It's information that's obvious... except it's not. In our

romance-obsessed culture, lust gets second seat to sentimentality. And guess what the American institution of marriage is based on? That's right: that same sentimentality, coupled with notions of self-realization and moralism. Which is not to say that's the true foundation of an enduring love. Resnick does it right. She takes sex out of the erotically numbing context of the "loving relationship" and puts it where it belongs: into the pleasure-oriented world of bodies and minds floating in a sea of eros. But incredibly, she then shows how to orient these pleasure games within a relationship of steady and enduring love. *The Heart of Desire* is highly recommended for its accurate understanding of the nature of eros. Doubly recommend for the training it provides in centering the erotic games of body and mind in relationships of enduring love. Practically-oriented and deeply insightful, this book should not be missed by anyone who believes that sex should not be left to a game between strangers.

The Heart of Desire by Dr Stella Resnick offers not only keys to a loving and enjoyable relationship, but gives the reader the vital key ingredients to being a whole and happier person by loving oneself and taking responsibility for pleasure and satisfaction alone and with another person in any intimate relationship. Each chapter not only deals with improving and understanding personal evolution and physical connections like eye contact, touch and sharing, but of the range of emotions like empathy and joy. As a trained and experienced therapist her goal is to assist readers to meet their own goals to find fullest enjoyment in life and fully manifest their heart's desires. She provides the essential recipes to engage in a fully satisfying positive connection with a partner to make it work for both parties in every way possible. This book is the perfect primer for creating the right blend of erotic, playful and enjoyable sex and intimacy and to learn how to slowly simmer the pleasure to last a lifetime. This is an essential guide to anyone who wants to create the best intimate relationship possible, and especially important that one's partner also reads the book and fully understands the duality of responsibility and the benefits of sharing the mutual outcomes.

Do we really need another sex advice book? YES--if it's Stella Resnick's "*The Heart of Desire*"! There are lots of books on enhancing your sex life, but this one adds something truly special to the field: teaching couples how to expand their relationship from seeing each other only as un-sexy 'family members' to regain their sensual and erotic charge together. Day-to-day living chores and family roles can combine with our past family history to impact a couple's sexual relationship. Dr. Resnick includes fascinating updates from advances in neuroscience and sexology, which help to make sense of it all. I use this book often in my private practice as a couples/sex

therapist, because it explains how difficulties can arise and gives clear, practical steps to take. And it is a great read--with plain talk and stories from real people (names altered, of course). Thoroughly enjoyable!

If you want to create a wonderful love relationship, this book is the one for you. For the author, Stella Resnick, this is the culmination of a lifetime of living, researching and helping clients to experience the pleasures and overcome the problems in love. She is a consummate professional. Written in a style that appeals to professionals as well as the general public, *The Heart of Desire* explores the love-lust dilemma, the unfortunate reality that as the emotional attachment in an intimate relationship grows, sexual desire often dwindles. Yet without desire, the relationship is at risk of failing. Showing how this tendency starts in childhood, in how we learn to be sexual, the author draws from attachment neuroscience, brain neuroplasticity, sexology, Gestalt therapy, the psychology of flourishing and her many years of experience working with couples to arrive at what it really takes to maintain a love relationship that is both emotionally and sexually gratifying. Erica Goodstone, Ph.D., LMHC, Diplomate and Certified Sex Therapist

In *THE HEART OF DESIRE*, Dr. Stella Resnick has accomplished what few before her have attempted and produced an easily readable, well researched and informed work, which is useful anyone wishing to better understand and improve their sex life. Dr. Resnick incorporates the current scholarly research, her many years of clinical (and personal) experience, and combines these with exercises that help the reader feel more connected and comfortable with their bodies. The triumph of this book is that she pulls all of this together in what is an enjoyable read that is accessible to the layman and provides easy to follow specific exercises and advice, all designed to enhance love-making. *The Heart of Desire* has a place on the bookshelves (or night tables) of clinicians, as well as anyone wishing to augment their sex life.

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