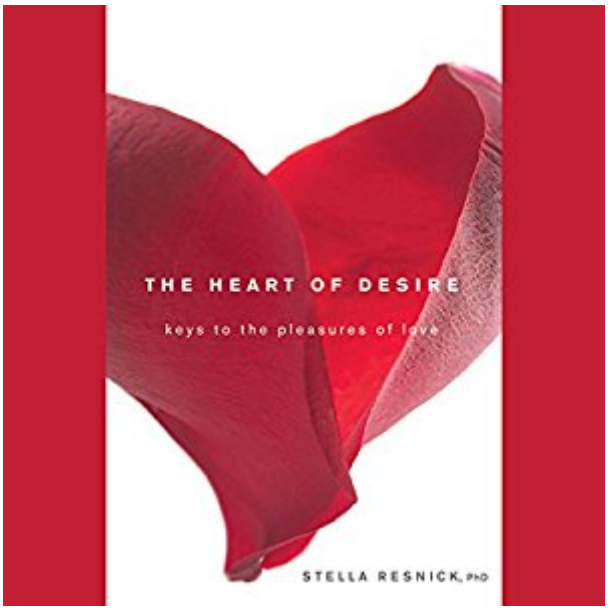
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The Heart Of Desire



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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. Resnicks 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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Best Sellers Rank: #62 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Sexuality #510 inÃ Â Books > Audible Audiobooks > Nonfiction > Reference #575 inÃ Â Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

Has your sex-life flat-lined?If you're in a long-term committed relationship, Heart of Desire could be the answer.Stella Resnick not only explains in clear language the ABC's of human sexuality, she offers specific exercises to bring your love-making to life.In a section called "The Principle of Relaxed Excitement," for example, she explains that "when people want to improve their sex lives,

the very sense of urgency...militates against achieving the goal."Offering sound and simple advice to calm you down, Resnick outlines useful techniques to "balance your nervous system" as a prelude to satisfying sex. This includes "conscious breathing, mindfullness and focused attention."The book is filled with stories about couples who - in the therapist's office and in the privacy of their bedrooms - found new ways to express affection and passion.Keep in mind that this is a candid guide for partners - straight and gay - from an experienced therapist who knows her business and doesn't pull punches.So if you're looking for the "Keys to the Pleasures of Love," Heart of Desire is more than a good read. It just might save your relationship.

I am not a therapist, but I still recommend this book to all my friends. It's especially good for parents who need how to give their children better coping skills and appropriate ideas about sex. If reading without a therapist, it might unlock issues that need professional intervention. Please seek counseling in needed.

The author's performance as narrator is the best I've heard. She is an idealist who's views and advice are realistic and true. Enjoyed every bit of this book/performance!!

Important things that every person, single or married or anywhere in between should know. It was exactly what I needed at this time of my life.

Dr. Resnick's new book, The Heart of Desire, is a valuable resource for therapists as well as for anyone seeing to understand the influences and dynamics of sexuality and relationships. I have enthusiastically recommended this book to many clients and they have all found it very helpful. Dr. Resnick helps illuminate the reasons that many long terms relationships can encounter difficulties in reconciling love and lust. The book is written in a clear and interesting manner and illustrated with case examples of individuals and couples that have learned to overcome relational and sexual challenges in their relationships. This book brings together attachment theory, the latest neurobiology research and relationship and sexuality insights from Dr. Resnick's experience as a highly esteemed sex and relationship therapist.Submitted by Dr. Merry Frons

I think we all struggle with why a long term lover becomes our best friend instead of someone we want to run home to and make mad passionate love with. Dr. Resnick gives advice on how to work through that, reason for having those feelings, and answers to feeling sexy and craving your partner

all over again and for years to come. She offers exercises that not only help you learn about yourself but can create even a stronger relationship with your partner. It's amazing to watch how powerful these have been for my partner and I. I would highly recommend this book and Dr. Resnick's advice for anyone! In love or not. I feel I have more knowledge to have a successful, hot, relationship for a long time.Thanks Stella!

Dr. Stella Resnick is a wonderful guide through the inner realm of a loving long-term relationship that has not been given the attention it deserves: it's the love-lust dilemma and how to rekindle sexual desire for the one you truly love. Dr. Resnick writes in an accessible way and illustrates the many ways a couple can experience their own personal sexual pleasures again. The overall message here is how to flourish in real intimacy by integrating love once again with great sex. This also makes for great bedtime reading!

This is a self-help book that actually helps. Dr. Resnick's prescriptions are clear, detailed, easy to follow, and most importantly, on point. Highly recommended.

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