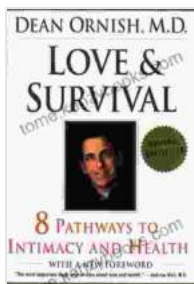


# Love and Survival: The Healing Power of Intimacy

Intimacy is a powerful force that can transform our lives. It can help us heal from trauma, build stronger relationships, and live more fulfilling lives. But what exactly is intimacy? And how can we cultivate it in our own lives?

In her book *Love and Survival: The Healing Power of Intimacy*, Dr. Diana Fosha explores the nature of intimacy and its profound impact on our well-being. Drawing on her own clinical experience and the latest research, Fosha shows how intimacy can help us:



## Love and Survival: Healing Power of Intimacy, The

by Derek Beres

★★★★☆ 4.3 out of 5

Language : English

File size : 16779 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Screen Reader : Supported

Print length : 316 pages



- Heal from trauma
- Build stronger relationships
- Live more fulfilling lives

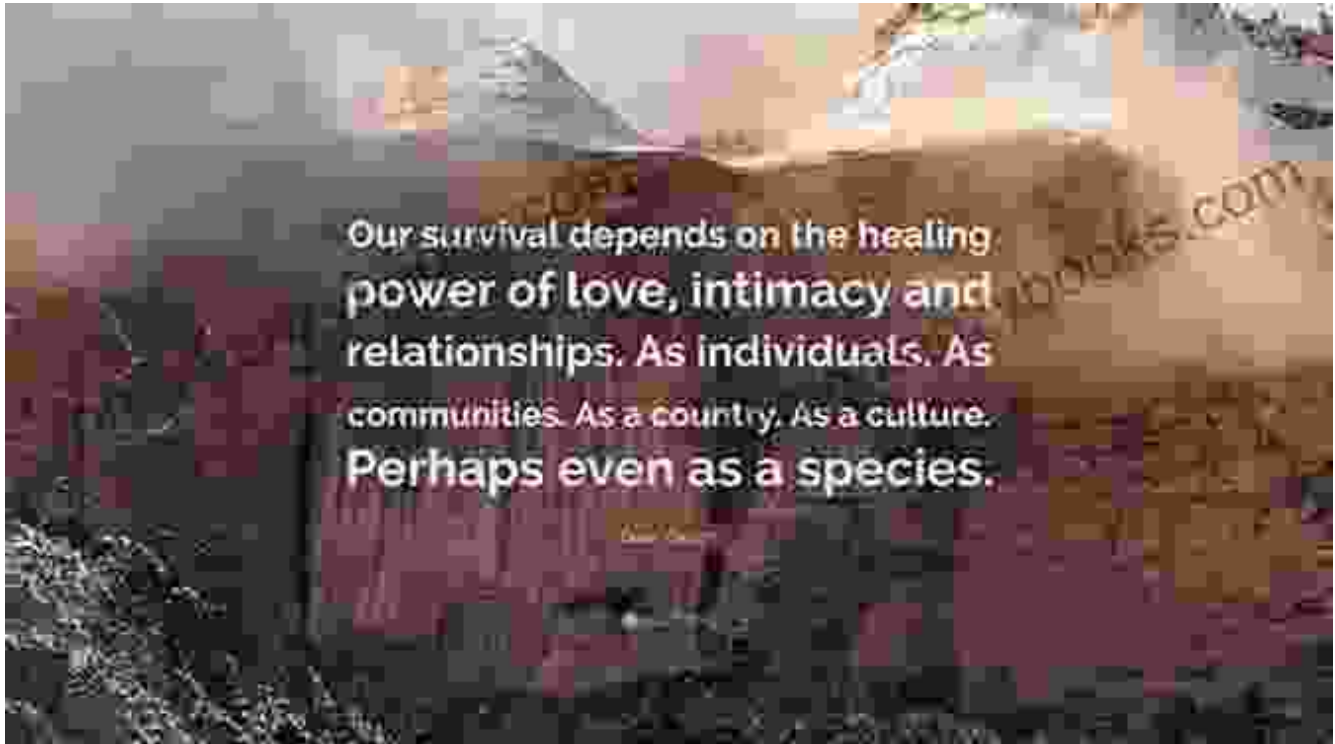
Fosha argues that intimacy is not simply about sex or romance. It is a deep connection that involves sharing our thoughts, feelings, and experiences with another person. When we are intimate with someone, we feel safe, loved, and accepted. This sense of connection can help us to heal from trauma, build stronger relationships, and live more fulfilling lives.

Fosha's book is a valuable resource for anyone who wants to learn more about the power of intimacy. She provides clear and concise explanations of the research on intimacy, and she offers practical tips for cultivating intimacy in our own lives. If you are looking for a book that can help you to heal from trauma, build stronger relationships, and live a more fulfilling life, then I highly recommend *Love and Survival: The Healing Power of Intimacy*.

### **Here are some of the key takeaways from the book:**

- Intimacy is a powerful force that can transform our lives.
- Intimacy can help us heal from trauma, build stronger relationships, and live more fulfilling lives.
- Intimacy is not simply about sex or romance. It is a deep connection that involves sharing our thoughts, feelings, and experiences with another person.
- When we are intimate with someone, we feel safe, loved, and accepted.
- This sense of connection can help us to heal from trauma, build stronger relationships, and live more fulfilling lives.

If you are interested in learning more about the power of intimacy, I encourage you to read *Love and Survival: The Healing Power of Intimacy*. This book is a valuable resource for anyone who wants to improve their relationships and live a more fulfilling life.



## About the Author

Dr. Diana Fosha is a clinical psychologist and the developer of Accelerated Experiential Dynamic Psychotherapy (AEDP). She is a leading expert on the treatment of trauma and the promotion of emotional healing. Fosha has written extensively on the topics of intimacy, love, and attachment. Her work has been translated into more than 20 languages.

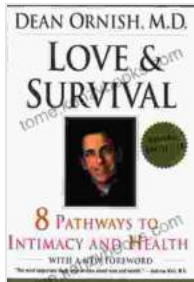
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