



Emotional Fitness for Intimacy: Sweeten and Deepen Your Love in Only 10 Minutes a Day

Barton Goldsmith

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It's easy to lose the spark in your relationship when you're living day to day with your partner. But with a little effort, it's also easy to recapture the intimacy and excitement of your dating days again. Get swept up in a love affair with your spouse or long-term partner using this collection of relationship tips and ten-minute exercises. You'll not only discover new ways to rekindle intimacy, but you'll also find the mutual understanding you need to smooth over daily squabbles and set the foundation for lifelong romance.

Emotional Fitness for Intimacy is filled with insights and exercises that will enhance the intimacy level in any relationship. For couples who would like to see dreams become reality, Goldsmith points the way.

-Gary D. Chapman, author of *The Five Love Languages and Love As a Way of Life*

This book is an encyclopedia of wise and useful information for couples who want to deepen their relationship. I recommend it to all couples.

-Harville Hendrix, Ph.D., author of *Getting the Love You Want*

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