



# Loving Courageously: First Me, Then You, Now Us

*Barbara Gold*

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## **Loving Courageously: First Me, Then You, Now Us** Barbara Gold

"Loving Courageously is one of the best books I have read on the subjects of sex, intimacy, connection and relationships. It is a smart, easy read that is loaded with sage advice and insight from the lens of a highly experienced clinician. Loving Courageously is perfect for clients and therapists alike. Every individual and couple will be better off for having read this book. It is practical, interesting, positive and motivating. Loving Courageously is my new favorite 'must read book' for my own clients." –Neil Cannon, Ph.D., LMFT, AASECT Certified Sex Therapist & Supervisor, Denver, Colorado. Instructor, University of Michigan School of Social Work Sexual Health Certificate Program

Believing that loving requires courage, Barbara Gold has written a book drawing on over thirty-five years of psychotherapy practice to help readers discover what is needed to develop a self to love and take good care of as they re-write the script they've learned and developed. They will learn about healthy relationships, including boundaries, effective communication and collaborative problem solving, as well as gain a better understanding of gender differences and creating and maintaining emotional and sexual intimacy in a committed partnership. Those who have or plan to have children will discover how to be a 'good enough' parent. Her book offers new ways of feeling, thinking and being, which will enhance both happiness and life quality.

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