



Intellectual Foreplay: A Book of Questions for Lovers and Lovers-to-Be

Eve Eschner Hogan, Steve Hogan

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This solutions-oriented guide offers problem solving and behavior changing strategies for people working on their most intimate relationships. The book provides readers with: enhanced knowledge of their own and their partners' beliefs, values, habits, desires, goals, likes, and dislikes; ideas for opening communication and deepening a relationship; skills for making healthy decisions about lifestyles and boundaries; an in-depth understanding of the role of self-esteem in relationships; increased ability to let go of the past and embrace the present; and the knowledge that it is important not only to choose the right partner, but also to be the right partner. What distinguishes Intellectual Foreplay from similar titles is that it includes guidelines on what to do with the answers it gives. This makes it useful in both creating and sustaining a relationship.

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