

Passionate Marriage David Schnarch

Passionate Marriage David Schnarch passionate marriage david schnarch is a term that often resonates with individuals seeking to deepen their connection, reignite intimacy, and understand the complex dynamics that fuel passionate relationships. Dr. David Schnarch, a renowned psychologist and marriage therapist, has significantly contributed to the field of adult intimacy and marital satisfaction through his innovative approach. His work emphasizes that passion in marriage is not merely about fleeting physical attraction but involves a profound process of emotional growth, self-awareness, and mutual vulnerability. This article explores Schnarch's insights on passionate marriage, the principles behind his approach, and practical strategies couples can adopt to cultivate lasting passion.

Understanding Passion in Marriage According to David Schnarch

The Nature of Passion In Schnarch's perspective, passion in marriage goes beyond initial infatuation or sexual chemistry. It is rooted in a deep sense of connection that involves emotional intensity, mutual understanding, and personal growth. Passion is sustained when both partners are willing to explore their own vulnerabilities and challenge their emotional boundaries.

The Role of Differentiation A core concept in Schnarch's work is differentiation—the ability to maintain one's sense of self while staying emotionally connected to a partner. He argues that high levels of differentiation are essential for passionate relationships because they allow individuals to experience intimacy without losing their identity or becoming overly enmeshed.

How Passion Evolves Over Time Schnarch believes that passion is not static; it evolves as couples navigate life's challenges together. Building passion requires intentional effort, self-reflection, and a willingness to confront personal fears and insecurities.

Key Principles of Schnarch's Approach to Passionate Marriage

- 1. Sexual and Emotional Differentiation** Schnarch emphasizes that both emotional and sexual differentiation are vital for sustaining passion. Couples should strive to:
 - Develop a strong sense of self-awareness
 - Respect each other's individuality
 - Maintain emotional independence within the relationship
- 2. Confronting and Embracing Vulnerability** Vulnerability is at the heart of intimacy and passion. Schnarch advocates for couples to:
 - Share honest feelings and fears
 - Engage in difficult conversations without fear of rejection
 - Use vulnerability as a pathway to deeper connection
- 3. The Concept of Sexual Maturity** Schnarch posits that mature sexuality involves:
 - Accepting sexual desires and imperfections
 - Engaging in sexual experiences that foster emotional closeness
 - Recognizing sexual intimacy as a means of personal growth
- 4. The Importance of Self-Validation** Couples should focus on validating their own feelings and needs rather than relying solely on external validation. This fosters authenticity and genuine passion.

Practical Strategies for Cultivating Passion in Marriage

Communication Exercises

Effective communication is fundamental in Schnarch's model. Techniques include:

- Deep Listening:** Focus on truly understanding your partner's perspective without interrupting or judging.

Vulnerability Sharing: Regularly share personal fears, desires, and frustrations to2. build emotional intimacy. Reflective Responding: Paraphrase and validate what your partner shares to3. promote mutual understanding. Intimacy Building Practices To enhance passion, couples can adopt practices such as: Scheduling regular date nights focused on meaningful conversations and physical closeness Engaging in new or challenging activities together to foster shared growth Practicing mindful touch and sexual exercises that emphasize connection rather 3 than performance Personal Growth and Self-Work Schnarch emphasizes that personal development contributes to a passionate marriage. Couples should: Identify and work through personal insecurities or emotional blocks Practice self-reflection to understand individual needs and triggers Seek therapy or coaching if needed to address deeper issues Challenges in Maintaining Passion and How to Overcome Them Common Obstacles Maintaining passion can be hindered by various factors, including: Routine and complacency Unresolved conflicts or resentment Differences in sexual desire or expectations External stressors such as work or family pressures Solutions Based on Schnarch's Principles To overcome these challenges, couples should: Recommit to ongoing self-awareness and differentiation1. Address conflicts openly and vulnerably2. Practice patience and compassion towards each other3. Prioritize intimacy and connection amidst life's demands4. The Impact of Schnarch's Work on Modern Marital Therapy Innovative Perspectives David Schnarch's approach has redefined how therapists and couples view intimacy. His emphasis on differentiation and emotional maturity offers a more sustainable pathway to passion compared to traditional methods that focus solely on physical or behavioral aspects. Integration into Therapy Many therapists incorporate Schnarch's techniques into their practice, emphasizing: Self-validation exercises 4 Vulnerability and emotional honesty training Sexual development and maturity discussions Success Stories Numerous couples report experiencing renewed passion and deeper connection after applying Schnarch's principles, highlighting the transformative power of self-awareness and mutual growth. Conclusion: Embracing Passion through Personal and Mutual Growth Achieving and maintaining passion in marriage, as outlined by David Schnarch, involves more than just physical intimacy—it requires dedication to personal development, emotional vulnerability, and authentic connection. By understanding the importance of differentiation, embracing vulnerability, and committing to ongoing growth, couples can cultivate a passionate marriage that withstands life's inevitable challenges. Passion is not a static state but a dynamic process that flourishes when both partners are willing to explore themselves and each other with honesty and courage. Incorporating Schnarch's principles into your relationship can lead to a more fulfilling, resilient, and passionate marriage that evolves beautifully over time. QuestionAnswer What are the core principles of David Schnarch's approach to passionate marriage? David Schnarch emphasizes the importance of emotional intimacy, differentiation, and sexual connection as key components to fostering a passionate marriage. His approach encourages partners to develop self-awareness, manage anxiety, and deepen their emotional bond to sustain passion over time. How does David Schnarch define sexual passion within marriage? Schnarch views sexual passion as a reflection of emotional intimacy and

personal growth. He believes that genuine passion arises when partners are willing to be vulnerable, authentic, and committed to continuous self-improvement within the relationship. What techniques does David Schnarch recommend for couples seeking to rekindle passion? He suggests practices such as differentiation exercises, honest communication about desires and fears, and developing a higher level of emotional intimacy. These methods help partners stay connected while maintaining individuality, which is crucial for sustaining passion. Can Schnarch's methods help couples with long-standing or fading passion? Yes, Schnarch's approach is designed to help couples deepen their connection, address underlying emotional issues, and reignite passion, even in long-term relationships where intimacy may have waned.

5 How does emotional differentiation play a role in passionate marriage according to Schnarch? Emotional differentiation involves maintaining a sense of self while being emotionally connected to a partner. Schnarch argues that higher differentiation reduces anxiety, allowing couples to experience greater intimacy and passion without losing their individual identities. What common challenges do couples face when applying Schnarch's principles to their marriage? Couples often struggle with vulnerability, emotional honesty, and confronting personal fears. Resistance to change and difficulty in maintaining differentiation can also pose challenges when trying to implement Schnarch's techniques. Is 'Passionate Marriage' by David Schnarch still relevant today? Absolutely. Schnarch's insights into emotional intimacy, differentiation, and sexual connection remain influential and are considered highly relevant for couples seeking deeper, more passionate relationships. How does Schnarch's concept of 'crucible moments' contribute to passionate marriage? Crucible moments are times of emotional challenge that test and strengthen the couple's bond. Schnarch believes that navigating these moments with honesty and vulnerability can lead to greater intimacy and renewed passion. What is the role of self-awareness in achieving a passionate marriage according to David Schnarch? Self-awareness is fundamental in Schnarch's approach. It allows individuals to understand their own fears, desires, and emotional triggers, which enhances intimacy and helps partners connect more authentically, fueling passion. Are there any criticisms of David Schnarch's approach to passionate marriage? Some critics argue that Schnarch's focus on differentiation and emotional honesty may be challenging or uncomfortable for some couples, and that his techniques require significant commitment and emotional work. However, many find his methods effective for deepening intimacy and passion.

Passionate Marriage David Schnarch: An In-Depth Exploration of Intimacy, Desire, and Personal Growth In the realm of relationship psychology and sexual therapy, few names resonate as profoundly as David Schnarch. His seminal work, *Passionate Marriage*, has sparked a paradigm shift in how couples and therapists understand intimacy, desire, and personal development within committed relationships. This investigative article aims to unpack the core principles of Schnarch's approach, evaluate its contributions and critiques, and explore its relevance for couples seeking deeper connection and self-awareness. --- Introduction to David Schnarch and *Passionate Marriage* David Schnarch is a licensed marriage and family therapist, psychologist, and author renowned for his innovative approach to sexual and relational therapy.

His work emphasizes the interconnection between individual psychological development and Passionate Marriage David Schnarch 6 relationship intimacy, often challenging traditional notions of desire and emotional connection. Published in 1997, *Passionate Marriage: Loving Fully, Living Fully* quickly gained recognition as a transformative guide for couples and therapists. Schnarch advocates that true passion and intimacy stem not merely from external circumstances or superficial affection, but from individual growth and emotional differentiation. His approach underscores that intimacy involves vulnerability, differentiation, and a willingness to confront one's own fears and limitations. --- The Core Principles of Schnarch's Approach At the heart of Schnarch's methodology are several interconnected principles that redefine how couples can achieve a more passionate, authentic connection:

1. Differentiation: The Foundation of Intimate Connection Differentiation refers to the capacity to maintain one's sense of self while being emotionally close to others. Schnarch posits that high levels of differentiation allow individuals to stay true to their identity, manage anxiety, and respond authentically within relationships.
- Key Aspects of Differentiation:
 - Maintaining emotional boundaries
 - Managing anxiety without withdrawing or overreacting
 - Embracing vulnerability without losing self-control
 - Self-validation rather than dependence on partner approvalHe argues that a lack of differentiation leads to enmeshment, codependency, and emotional reactivity—barriers to genuine intimacy.
2. The Role of Sexuality in Personal Growth Schnarch views sexuality as a vital arena for self-discovery and emotional development. He challenges traditional views that treat sex solely as a physical act or a means of pleasure, instead framing it as a pathway to understanding oneself better.
- Sexual Authenticity and Self-Exploration:
 - Encourages honest communication about desires and boundaries
 - Sees sexual struggles as opportunities for personal growth
 - Emphasizes that sexual passion can deepen as individuals become more differentiated
3. The Concept of Sexual Crucibles Schnarch introduces the idea of "sexual crucibles," situations that test couples' intimacy and individual resilience. These challenging moments—such as disagreements, unmet needs, or sexual dissatisfaction—serve as catalysts for growth if approached mindfully.
- Utilizing Crucibles Effectively:
 - Recognize emotional triggers as opportunities for self-awareness
 - Practice self-soothing and emotional regulation
 - Use vulnerability to deepen connection rather than withdrawing

Passionate Marriage David Schnarch 7 4. The Importance of Self-Validation and Authenticity Moving beyond seeking external validation, Schnarch emphasizes that true passion arises from within. Authenticity and self-acceptance empower couples to connect on a deeper level. --- Deep Dive into Passionate Marriage: Key Concepts and Strategies *Passionate Marriage* offers practical tools and conceptual frameworks designed to help couples foster intimacy, resolve conflicts, and enhance desire. Below are some of its pivotal concepts:

1. The Differentiation-Intimacy Dial Schnarch introduces the idea that couples can adjust their "dial" between connection and autonomy. An optimal balance allows for closeness without enmeshment, fostering sustainable passion.
- Strategies:
 - Recognize when over-dependence or withdrawal occurs
 - Practice self-soothing and emotional regulation
 - Communicate needs clearly without blame
2. The Four

Domains of Sexual and Emotional Intimacy Schnarch delineates four domains where growth enhances overall intimacy: | Domain | Description | Focus for Growth | ---|---|---| | Physical | Sexual intimacy, body awareness | Expressing desires, managing sexual anxieties | | Emotional | Sharing feelings and vulnerabilities | Building trust, emotional honesty | | Cognitive | Shared beliefs and values | Aligning life goals, understanding differences | | Spiritual | Higher purpose and meaning | Finding shared or individual purpose | Enhancing each domain creates a resilient, passionate relationship.

3. Handling Sexual and Emotional Crises Schnarch emphasizes that conflicts and sexual difficulties are normal but must be addressed constructively. - Practical Approaches: - Engage in honest, non-judgmental dialogue - Use "self-work" to explore personal fears and triggers - Develop skills to tolerate discomfort and vulnerability

4. The Power of Self-Validation He advocates that individuals learn to validate their feelings and experiences independently, reducing dependency on external validation from the partner. ---

Passionate Marriage David Schnarch

8 Critiques and Controversies Surrounding Schnarch's Methodology

While many couples and therapists have found Schnarch's approach transformative, it has not been without criticism:

1. **Emphasis on Self-Work Over Couple-Centered Interventions** Some critics argue that Schnarch's focus on individual differentiation may overlook the importance of mutual work and emotional attunement. Critics suggest that emphasizing self-validation might risk emotional distance if misapplied.
2. **The Challenging Nature of the Approach** Schnarch's methods often require confronting difficult truths and enduring discomfort. For some couples, this may be overwhelming or counterproductive without skilled guidance.
3. **Cultural and Contextual Limitations** Some cultural perspectives may find the emphasis on individual differentiation less compatible with collectivist or community-oriented values. The approach presumes a certain level of individualism that may not resonate universally.
4. **Empirical Evidence and Scientific Validation** While anecdotal and clinical reports support Schnarch's techniques, some in the scientific community call for more empirical studies to validate the efficacy of his interventions comprehensively.

--- Practical Applications and Modern Relevance

Despite critiques, *Passionate Marriage* remains influential in the fields of sex therapy, couples counseling, and personal development. Its principles are increasingly integrated into contemporary practices, such as:

- **Intimacy Workshops and Retreats:** Emphasizing differentiation and vulnerability
- **Therapeutic Interventions:** Combining traditional couple therapy with individual self-work
- **Self-Help Resources:** Books, online courses, and support groups inspired by Schnarch's work

In an era where relationships are often superficial or fraught with misunderstanding, Schnarch's emphasis on authenticity, emotional resilience, and personal growth offers a compelling blueprint for cultivating lasting passion. ---

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 Passionate Marriage
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 A Broken
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the best book on marriage and sex yet published psychotherapy in australia the
greatest sexual pleasure and emotional fulfilment in a person's lifetime is possible
in the middle and later years when he or she has developed a mature sense of self
and found genuine intimacy with another person that's the exciting message of this
daring and pioneering work that challenges couples to work together on the sexual
and emotional blocks that hold them back from total satisfaction with each other as
you open the pages of this book you'll meet couples who share the same
predicaments and obstacles as you and your partner with humour compassion and
unusual candour dr schnarch and the couples address the intimate secrets of their
marriage revealing ideas and techniques that are directly applicable to your own
relationship with a new preface by the author for this updated edition passionate
marriage is a respectful erotic uplifting and spiritual guide dedicated to making love
and intimacy a reality for every couple it's a book to read and reread often for
inspiration and enlightenment

a respectful erotic uplifting and spiritual guide to sexual and emotional fulfillment

the greatest sexual pleasure in a person's lifetime is possible in one's middle and
later years asserts dr david schnarch when a mature sense of self has been achieved
and genuine intimacy is possible with another person at his family health center in
colorado dr schnarch works with couples in long term committed relationships who
want to get emotionally and sexually closer in passionate marriage dr schnarch
shares what he has learned about how couples can and must simultaneously break
through the sexual and the emotional blocks that hold them back from total
satisfaction he counsels that every sexual exchange from kissing to daring erotic
behaviors is a picture of an entire relationship a reflection of how you and your

partner feel about yourselves and each other outside the bedroom this respectful erotic uplifting and spiritual guide to sexual and emotional fulfillment makes a passionate marriage within the reach of every couple

the author suggests that nothing strikes a stake through the heart of marital hopes and dreams like the incessant pursuit of happiness with the therapeutic community often colluding with this cultural imperative as spouses demand that their partners and their marriages make them happy a myriad of unfortunate dynamics ensue making the typical marriage unbearable shadow marriage a descent into intimacy offers both couples and professionals an uniquely in depth perspective upon marriage that can't be found in the pages of any other text dr george rogers author of terror bonding and psychotherapy paul dunion's shadow marriage a descent into intimacy collects the many lost voices and broken hearts of modern marriage when you truly dive into your own story with the tools found in this book and flush out the teachings and the blessings your marriage and maybe even your life could be saved jeffrey duvall author of men meaning and prayer the reconciliation of heart and soul in modern manhood shadow marriage is wonderfully insightful and fully grounded at the same time dr dunion has encapsulated many years of experience into his text you can feel the weight of each sentence as it comes off the page this book will help anyone gain a deeper understanding of the inner workings of love and relationship cliff barry founder of shadow work seminars

in a broken therapists guide to completeness mark vegh explains how so many of us live with a fragmented perspective due to hurts and traumas of the past we try to hide from our pain or push it away but it only makes us rigid cautious and defensive or rather we stew on the past bumps and bruises becoming resentful and bitter vegh uses the funny the serious and the irreverent to show you the wizard behind the curtain of moving beyond crisis a little concept that encapsulates the things he found that worksits called dialectics

in this groundbreaking book dr david schnarch one of the foremost experts on sexuality and relationships explains why normal healthy couples in long term relationships have sexual desire problems regardless of how much they love each other or how well they communicate in depth examples of couples he has counselled reveal his unique understanding of common but difficult sexual desire problems that affect couples of all ages combining compassion and clinical wisdom dr schnarch explains how to use his revolutionary four points of balance approach to resolve low desire mismatched desire sexual boredom and the emotional gridlock that accompanies these problems intimacy and desire provides a roadmap for how couples can transform common sexual desire problems into self exploration and personal development that leads to psychological and spiritual growth stronger relationships and more powerful and meaningful desire for each other it provides time proven comprehensive solutions that help couples reconnect with each other sexually and take their intimacy and passion to new previously unexplored heights

counselor and teacher virginia todd holeman weaves together biblical insight and

rich theological reflection while drawing from the best of current psychological studies on forgiveness repentance and reconciling to help couples work towards healing and transformation of broken relationships

have you ever pondered why some troubled marriages succeed while other seemingly fairytale marriages flounder and fail according to dr robert o a samms the key to a successful marriage is not the absence of conflicts or problems but rather the presence of the appropriate strategies to resolve them in making marriage meaningful dr samms examines the dynamic inner workings of a modern family to determine its strengths and weaknesses as well as its successes and failures all of these elements must be analyzed in order to improve a marriage the real life situations described in the book also give those couples contemplating marriage some very sound principles to ponder making marriage meaningful suggests practical workable strategies for couples in troubled marriages and for happily married couples seeking a greater understanding of the marital relationship the book is also helpful for single separated and divorced people who want to avoid problems in their present or future relationships and who desire to tweak their passion for success dr samms includes his personal public and private views on topics such as commitment compromise children communication sex spirituality and much more based on dr samms s own forty year marriage and his comprehensive research making marriage meaningful provides realistic strategies for making your marriage successful

what we leave on the table with our family relationships may well prove to be some of the most powerful healing material available to us during our earthly journey as with the prodigal son the role our family has played in our life is an important one and what our family brings out in us offers us great opportunities for further personal growth they are at the heart of our learning essential to the transformation that we came here to embody as we trace and even rebuild these connections we may come to see and appreciate these individuals as members of our own spiritual olympic team on our journey here on earth

in your relationships does it matter if you and your partner are a giver or a taker are there different types of givers and takers whats the secret to a good marriage how can you save a rocky marriage what is the best way to get counseling and what should you expect from counseling what if a serious psychological disorder is involved in your relationship the authors professional psychologists answer these and many more questions by examining clinical case studies from their counseling practice the authors present an original model that divides both givers and takers into four different types and they use the model to analyze their case studies and illustrate why relationships can succeed or fail they also discuss various personality disorders such as obsessive compulsive narcissistic dependent paranoid borderline and antisocial and how such conditions can complicate treatment of dysfunctional relationships this book is an essential first step for anyone concerned about a relationship or who just wants to learn more about the dynamics of relationships from the perspective of givers and takers

the small book with the biggest collection of loving ideas ever gathered in one place now in a tenth anniversary edition this is the ultimate practical giftable resource for couples filled with 10 000 ideas for expressing affection from the author of the phenomenally successful 1001 ways to be romantic america s romance coach gregory j p godek 10 000 ways to say i love you overflows with surprise ideas back to basics classics that always work and inspired twists on creative expression readers can express true affection with secret love notes perpetual bouquets secluded picnics outrageous gifts and 9 996 more ways to say i love you at one idea per day this book will last couples 27 4 years this tenth anniversary edition offers fresh tips for today s world of texting and social networking giving readers more reasons than ever to pick up this best loved romantic collection

i ve been dancing steadily since that valentine s day i have taken countless lessons and classes passed a professional certification exam done several shows and a competition yes dressed in those outrageous gowns and false eyelashes and then gone back home to the kids the soccer the housework and to work the next day it hasn t been easy to make room in the schedule for my passion but i have done it because i m certain now that it is necessary for life this new period is rich as rich in some ways as having my two children because it has been a kind of birth but it has also been extraordinarily painful thanks to the self examination that dancing has provoked in me and so because of dance i can say unequivocally and gratefully that i am alive at last from quick before the music stops there is no time for regret in dance you have only now this moment for your performance your glorious movement whatever you re going to do do it now quick before the music stops janet carlson in her twenties janet carlson was a successful competitive ballroom dancer but she abandoned dancing to raise a family and pursue a more conventional profession as an editor for a luxury lifestyle magazine twenty years later she seemed to have it all two beautiful daughters a glamorous job and a handsome talented husband despite all of her successes she felt a terrible void her marriage was deeply troubled and she was somehow withdrawn in the very midst of her own life and the lives of her children then one valentine s day her husband gave her ballroom dancing lessons as a gift and everything changed she discovered the joy passion and confidence she hadn t realized had gone missing for so long over time janet discovers that ballroom dancing also contains the secrets to life and love the give and take of dance two bodies in rhythm and harmony mirrors the reciprocity of human relationships total trust between partners is as vital on the dance floor as it is within a marriage and yet both partners in dance and in life must stand on their own two feet the unadulterated joy janet feels as she intuitively moves to the music speaks to the kind of absolute whole body happiness we were born to have on the dance floor she finds resolve in the waltz self confidence in the tango and passion in nearly everything embracing dance once more allows her to let go of a marriage that was completely out of sync put more heart and emotion into her work find more time to truly be with her children and ultimately rejoice in her intrinsic balance and poise told with precision grace and painstaking honesty quick before the music stops is the tale of one woman s midlife renewal through dance and how her

newfound empowerment transcends the dance floor and becomes immediate and relevant in every aspect of her life it shows us how to recognize and celebrate both our strengths and our flaws reignite passion for the everyday and how to step from the periphery into the light and surrender to the music

the latest title in our popular lifecycles series this guidebook provides for those contemplating marriage and for couples wrestling with marital problems a clear pathway to the best books and websites available

second edition with new forward many couples begin marital counseling with dr david schnarch with their sex lives in shambles wondering what s wrong with them and considering divorce one partner will complain that the other doesn t desire him the other complains that she s married to a sex maniac during his 30 years in practice as a marriage and family therapist dr schnarch has discovered that sexual desire problems are normal and even healthy in committed relationships in intimacy and desire awaken the passion in your relationship dr schnarch explains why couples in long term relationships have sexual desire problems regardless of how much they love each other or how well they communicate through case studies of couples he worked with dr schnarch shows why normal marital conflict can be the cause of desire problems he creates a road map for how you can transform marital conflict into a stronger relationship and a source of new and powerful desire for each other he takes it a step further giving readers simple but effective exercises that will help them reconnect with each other

the newest volume in the men s health life improvement guide series this straightforward relationship book speaks directly to men and offers valuable techniques for creating a fulfilling and lasting relationship 6 photos 55 illustrations

das buch nimmt eine bestandsaufnahme der wichtigsten sexualtherapeutischen konzepte vor und bewertet sie kritisch im Hinblick auf ihre wirksamkeit die therapiemethoden werden anschaulich beschrieben und miteinander verglichen das buch gibt detaillierte empfehlungen für die durchführung einer sexualtherapie anhand von zahlreichen beispielen und stellt konkrete therapeutische interventionen vor mangelndes verlangen vaginismus vorzeitiger samenerguss erektions und orgasmusstörungen gehören zu den häufigsten sexuellen problemen doch welche therapieform ist bei welcher der genannten störungen tatsächlich erprobt und geeignet die autoren geben eine Übersicht und bewertung der im deutschsprachigen raum bekanntesten sexualtherapeutischen konzepte masters und johnson helen s kaplan hamburger modell syndyastische sexual therapie crucible ansatz von david schnarch systemische sexualtherapie und sexocorporel auf der grundlage dieser analysen schlagen sie ein sexualtherapeutisches konzept mit paar und einzelübungen vor und beschreiben hypnotherapeutische interventions möglichkeiten Übersicht und bewertung der wichtigsten konzepte der sexualtherapie konkrete empfehlungen für die sexualtherapeutische praxis dieses buch richtet sich an sexualtherapeutinnen Ärztliche und psychologische psychotherapeutinnen praktische Ärztinnen urologinnen gynäkologinnen

psychologinnen und sozialarbeiterinnen

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