

# Barton Goldsmith, Ph.D.

The author of *Emotional Fitness for Couples* shows offers advice on how to get closer in ***Emotional Fitness for Intimacy***



## About the Author

**Barton Goldsmith helps readers with the nuts and bolts of creating and sustaining intimacy. His new book helps couples work through issues such as:**

- Going from 'Me' to 'We'
- Avoiding ugly arguments
- Building empathy
- Love & Money
- Keeping job stress from hurting your relationship
- The importance of tenderness & romance
- Tips for being a more thoughtful partner

## **BARTON GOLDSMITH, PH.D.,**

has more than twenty years of experience as a therapist and has been named one of the country's top relationship experts by *Cosmopolitan* magazine. His weekly newspaper column, *Emotional Fitness*, appears in more than two hundred newspapers. He also hosts a weekly radio show on KCLU/NPR, broadcast in the Los Angeles, Ventura, and Santa Barbara areas. Goldsmith is author of *Emotional Fitness for Couples* and has appeared on CNN, Good Morning America, Fox & Friends, CBS News, NBC News, Beauty and the Geek, and The Greg Behrendt Show. He regularly offers workshops to the public. Dr. Goldsmith's books were included in 2009 Academy Awards "swag bags" and will also be in the upcoming Emmy gift bags.

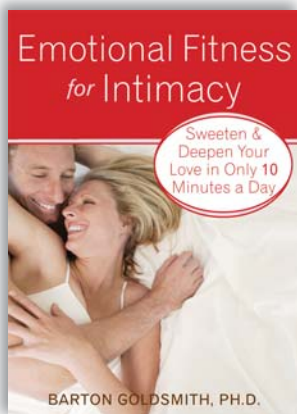
Visit Dr. Goldsmith online at [WWW.BARTONGOLDSMITH.COM](http://WWW.BARTONGOLDSMITH.COM).

## The Secret to Intimacy

*"Creating greater intimacy is more about internal energy than it is about overt actions. It is about feeling things that you never have felt before. It is about changing your life view and understanding that if you do your relationship right, it is intimate. If you are in a place where you feel totally safe from the world when you are in your lover's arms, that's intimacy. This is not to be confused with that giddy invasion of feeling like you're in uncharted waters as you bask in each other's love."*

*When a couple is truly intimate, their comfort levels rise. The bond just is and it defies analysis. When you're connected in a way that makes other people envious of your love, that's intimacy."*

—Barton Goldsmith, Ph.D., *Emotional Fitness for Intimacy*



### FOR INTERVIEW REQUESTS CONTACT:

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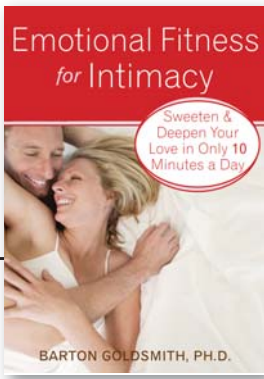
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### EMOTIONAL FITNESS FOR INTIMACY

Sweeten and Deepen Your Love In Only 10 Minutes a Day

Barton Goldsmith, Ph.D.

April 2009 / 978-1-57224-647-8 / \$15.95 / 5 x 7 / 207 pages



**BARTON GOLDSMITH ON  
"TRUE LOVE VS. IN LOVE"**

I have had many people sit on the therapy couch, look deeply at their partner, and say, "I love you, but I'm not in love with you." As the eyes of their other half fill with tears, I explain to both of them that this is not a bad thing. Now they can get down to the business of having a real relationship and loving each other as two people should.

... True love is a combination of emotions and actions, including talking, tenderness, and trust. These behaviors are an ample replacement for the heart-pounding, sexual excitement of being in love. Your drive changes from needing to be with the other person to wanting to care for him or her, and you can still have a hot and heavy romantic relationship in the process.

Making the shift from not feeling "in love" to treasuring the feelings of true love may seem a little awkward at first, but with some time and effort, the rewards are priceless. Nothing can take the place of two hearts becoming one for a lifetime.

## EMOTIONAL FITNESS FOR INTIMACY

*Sweeten and Deepen Your Love in Only 10 Minutes a Day*

BARTON GOLDSMITH, PH.D.

### About the Book

## Relationship expert helps couples get closer.

*Dr. Barton Goldsmith offers simple techniques to help couples in long-term relationships sustain build deeper intimacy*

Researchers have found that the body chemistry that ignites a couple's initial attraction to each other starts to wane a few months into the relationship and fizzles out in less than two years. After that, the couple's feelings are less intense and exciting, however, the stability of the relationship affords them the chance to develop their bond and create a deeply satisfying partnership.

*Emotional Fitness for Intimacy* presents fun and effective ten-minute exercises married couples and couples in long-term, committed relationships can do to reconnect for greater intimacy, renew their chemistry, and keep resentment and conflicts at bay

### Interview Questions

1. How do you define intimacy?
2. What is the difference between interdependence and codependence? How can interdependence increase intimacy in a relationship?
3. Can you explain what you mean by saying that there are cat people and bunny people?
4. Do you have any recommendations in your book for couple's with children?
5. How can people whose partners have lost their jobs in the recent economic downturn be supportive?
6. You recommend that couples discuss their finances together- what can this do to deepen intimacy?
7. One of your chapters is called "Relationships are about Running Errands" what do you mean by that, and why is it important for couples to do little things together?

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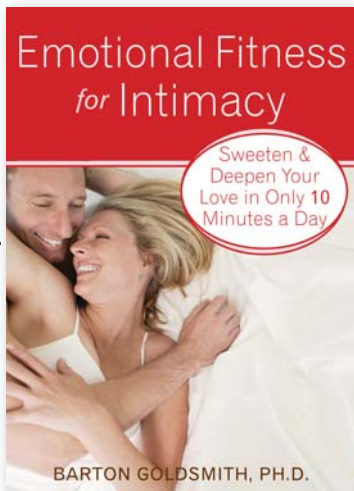
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"Most couples genuinely desire an intimate relationship. Emotional Fitness for Intimacy is filled with insights and exercises that will enhance the intimacy level in any relationship. For couples who would like to see dreams become reality, Goldsmith 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. Written by a wise and experienced therapist, couples will find exercises to help them discover and accept differences, deepen connection, and achieve intimacy. I recommend it to all couples."

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

"In this fascinating book, Goldsmith reveals how to keep intimacy alive in relationships, a beautiful gift to his readers."

— **Judith Orloff, MD**, author of *Positive Energy*

"I found much wisdom in this book expressed in ways which were practical and easy to understand and incorporate into one's lifestyle."

— **Bernie Siegel, MD**, author of *Love, Magic, and Mudpies* and *365 Prescriptions for Living*

"If we value intimacy as much as we say we do, and if it were possible to construct a handbook covering the complexity of relationship, Goldsmith's *Emotional Fitness for Intimacy* is it. Organized in manageable chunks, full of practical suggestions, and informed by a sagacity which both illumines and facilitates intimacy, this book brings each reader to more thoughtful, practical possibilities for his or her relationship."

— **James Hollis, Ph.D.**, Jungian analyst and author of *What Matters Most*

"*Emotional Fitness for Intimacy* offers compelling, practical advice for understanding true intimacy and for achieving our goals in a successful love relationship. Goldsmith provides tips for challenging situations and compromising positions we all face in our love lives, and those who read his book will be ahead in the unending quest for a healthy, rewarding emotional connection.

— **Susan Shapiro Barash**, author of *Little White Lies, Deep Dark Secrets*

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