



ARE YOU MAKING LOVE OR JUST HAVING SEX?

A Philosophical Guide to Enduring Love and Sexual Intimacy

Elliot D. Cohen, Ph.D.



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By *Elliot D. Cohen*

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This innovative book shows how you can identify your unlovable ways of relating, counter them with lovable goals, embrace philosophies of love that promote these goals, and create action plans to attain enduring love and sexual intimacy.

Complete with self-improvement exercises and video lectures, this innovative book shows how you can identify your unlovable ways of relating, counter them with lovable goals, embrace philosophies of love that promote these goals, and create action plans to attain enduring love and sexual intimacy.

Readership

This book is aimed at the educated reader. It should also be useful for philosophical counselors as well as marriage and family counselors and social workers. It incorporates a strength-based model and systems theory, both of which are the main approaches used in marriage and family counseling and social work practice.

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Preface; Introduction; Chapter 1- Building Serenity in Romantic Love; Chapter 2- Building Intimacy Through Empathy in Romantic Love; Chapter 3- Building Self-Respect and Respect for Others in Romantic Love; Chapter 4- Building Self-Control in Romantic Love; Chapter 5- Building Courage in Romantic Love; Chapter 6- The Ideal of Enduring Love and Sexual Intimacy; Index

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