

Emotional Fitness Couples Minutes Relationship

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Remember, such a couple's intimacy games or couples relationship exercises can be transformative in your marriage! Connect your breathing. Instructions for building intimacy by connecting your breathing: Make sure to devote five minutes to this exercise. Be present and engaged with your partner with no distractions.

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In addition, he has authored six books including Emotional Fitness for Couples: 10 Minutes a Day to a Better Relationship and Emotional Fitness for Intimacy: Sweeten and Deepen Your Love in Just ...

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This book offers you a step-by-step program you can use to hone your relationship skills to championship levels-in just ten minutes a day. You can use the book alone, or you can try the exercises with your partner, going through the book in order or choosing those chapters most relevant to your particular goals. Each chapter is short-about two or three pages-and succinct.

Emotional Fitness Couples Minutes Relationship

Many couples continue to be physically attracted to one another but encounter difficulty in connecting with each other due to a lack of emotional intimacy. Try these six exercises to give it a boost. Here are some effective exercises for building emotional intimacy.

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