The Seven Levels of Intimacy: The Art of Loving and the Joy of Being Loved by New York Times Best Selling Author, Matthew Kelly

The Seven Levels of Intimacy: The Art of Loving and the Joy of Being Loved (Fireside /Simon & Schuster; November, 2005; $22.95) by Australian best-selling author and inspirational speaker, Matthew Kelly, will revolutionize the way people look at their life and relationships. Kelly provides the vital tools for achieving greater levels of intimacy in all relationships, from our most casual acquaintances to our close relationships with spouses, friends, and relatives, revealing how to energize our relationships and transform them from ordinary to extraordinary.

Cincinnati, OH (PRWEB) November 4, 2005 -- “We continue to subscribe to the myth that pleasure, possessions, and achievement will fulfill us. Yet after each encounter we are left with the same dissatisfied aftertaste. Why? You simply can never get enough of what you don’t really need. We don’t need more money, faster cars, bigger houses or grander promotions. The human person needs one thing above all else: intimacy.”

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According to a report published by the National Marriage Project at Rutgers University, the rate of marriage is down, and the rate of divorce is up. Over 50% of all marriages end in divorce, and more than one million children each year experience the breakup of their families. Experts attribute such statistics to a fear of intimacy. While people crave love and intimacy, many walk away from potentially intimate relationships rather than take them to the next level.

The Seven Levels of Intimacy builds on Kelly’s best-selling book, The Rhythm of Life, in which he exposed the lifestyle challenges that face us in this age obsessed with noise, speed, and perpetual activity. In response, he identified our true purpose in life is to become the-best-version-of-ourselves through a lifestyle that promotes genuine well-being by attending to our legitimate needs in four areas - physically, emotionally, intellectually, and spiritually.

Kelly expertly guides the reader through the seven-level process of building intimacy in these four areas, fulfilling the ultimate purpose of relationships: helping each other become the best-versions-of-ourselves. Chapters include topics such as:

* The True Meaning and Purpose of Relationships.
* Common Interests are Not Enough: Why Many Relationships are Surviving, but not Thriving.
* Ten Reasons People Don’t Have Great Relationships and Ten Steps to Developing Great Relationships.
* The Sex Myth and Other False Beliefs Regarding Relationships.
* The One Thing We Must Do to be Truly Loved.
* How to Overcome Obstacles to Intimacy and Where Most Relationships Get Stuck.
* How to Choose a Partner and Three Questions You Should Ask about your Significant Other.
* The Most Rewarding Form of Intimacy and How to Achieve It.
Readers learn how to engage more fully, move beyond the myths and illusions that our modern culture sustains regarding relationships, overcome obstacles to intimacy and progress from the initial levels of intimacy, which focus on facts and superficialities, to complex interactions in which hopes, feelings, needs, and finally, deepest fears are shared. The Seven Levels of Intimacy guides us toward more fulfilling relationships and an increased ability to accept and love our true selves, while learning how to accept, trust, and love others.

About the Author:
Matthew Kelly is already one of today’s most powerful inspirational voices. A thirty-two-year-old Australian native, Kelly has spoken to over two million people in fifty countries, sold over 800,000 copies of his nine self-published books, and in 2004, reached the New York Times Bestseller list with his book, THE RHYTHM OF LIFE. He travels extensively throughout the United States, speaking at over 100 venues a year, including churches, schools and businesses.

About the Book:
The Seven Levels of Intimacy: The Art of Loving & the Joy of Being Loved
Fireside / Simon & Schuster
Publication Date: November 2005
Price: $22.95
ISBN#: 0-7432-6511-4

For more information on The Seven Levels of Intimacy and Matthew Kelly, visit www.simonsays.com, or The Matthew Kelly Foundation at www.matthewkelly.org

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