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Distancer forever, but never catch-up, and that the Distancer keep running, but never really get away.

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The Dance of Intimacy takes a careful look at relationships where intimacy is most challenged by too much emotional distance, too much intensity, or simply too much pain. In clear, direct, and dramatic terms, Dr. Lerner illustrates how we can move differently in these relationships, be they with a distant or unfaithful spouse, a depressed sister, a difficult mother, an alcoholic father, an

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uncommitted lover, a dying parent, or an estranged family member.

Attachment and the Dance of Intimacy | Psychology Today
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The Dance of Intimacy is written as a guide for women who are seeking to deepen the intimacy in their

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important relationships. It had a lot of great advice and insight, and I found it

to be equally applicable to my situation as a man. The author takes a perspective that is strongly feminist and also very compassionate towards individual men.

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In *The Dance of Intimacy*, the bestselling author of *The Dance of Anger* outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed. Taking a careful look at those relationships where intimacy is most challenged--by distance, intensity, or pain--she teaches us about the specific changes we can make to achieve a more solid sense of self and a more intimate connectedness with others.

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A wise and compassionate

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book that will teach the reader much about the complex emotions our family and love relationships engender., Subtle and literate, The Dance of Intimacy is like a long, revealing conversation with a wise and compassionate friend., "Dr. Lerner has a truly remarkable ability to analyze our problems with intimacy.

The Dance of Intimacy: A Woman's Guide to Courageous Acts ...

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