



# The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love

By Pia Mellody, Lawrence S. Freundlich

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In her first book in over 10 years, Pia Mellody—author of the groundbreaking bestsellers *Facing Codependence* and *Facing Love Addiction*—shares her profound wisdom on what it takes to sustain true intimacy and trusting love in our most vital relationships.

Drawing on more than 20 years' experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes them work. Using the most up-to-date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy.

This invaluable resource helps diagnose the causes of faulty relationships—many of them rooted in childhood—and provides tools for readers to heal themselves, enabling them to establish and maintain healthy relationships.

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### **Editorial Review**

From Publishers Weekly

A certified addiction counselor and registered nurse, Mellody (Facing Codependence), writing with the assistance of Freundlich (president of Freundlich Communications), offers a self-help guide based on the role of spirituality in intimate relationships. As a recovering alcoholic, Mellody experienced a profound love coming to her from God; this supportive love led her to develop the fairly complex program that she currently uses while counseling clients. The author believes that many children are traumatized by parents who either shame (disempower) their children or force them into a parental role (falsely empower). Labeling both actions as abusive, Mellody provides examples of how children treated this way can recover and function more happily in the adult world. She details here how to erect healthy physical, emotional and intellectual boundaries that will foster rather than hamper intimacy and boost self-esteem. For example, she advises that affectionate approaches require controlled containment, e.g., when deciding to engage others in sexual intimacy, it is necessary to respect their physical boundaries by asking permission. In order to really communicate, people in close relationships should maintain other boundaries such as refraining from giving unasked-for advice, accusing or making judgments. Appended is an example of a "feeling reduction" workshop conducted at a residential treatment center where Mellody practices. According to the author, these workshops are central to overcoming trauma and abuse. Devotees of Mellody's earlier books will be the most interested in this latest offering.

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### **Review**

“With vast experience and insight, Pia Mellody continues to bring to her reader an empowering experience.”

### **About the Author**

Pia Mellody is an internationally renowned lecturer on the childhood origins of emotional dysfunction. Her recovery workshops have benefited people all over the world and her bestselling books have been translated into many languages. She is a member of the faculty at The Meadows Treatment Center, a residential center for victims of trauma, emotional abuse, and addictions, in Wickenburg, Arizona.

Lawrence S. Freundlich has spent more than thirty years as a book publisher and editor. He is the coauthor of *Blue Dog* and founder of the New York media consultant firm Freundlich Communications.

### **Users Review**

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#### **Dorothy Pearce:**

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