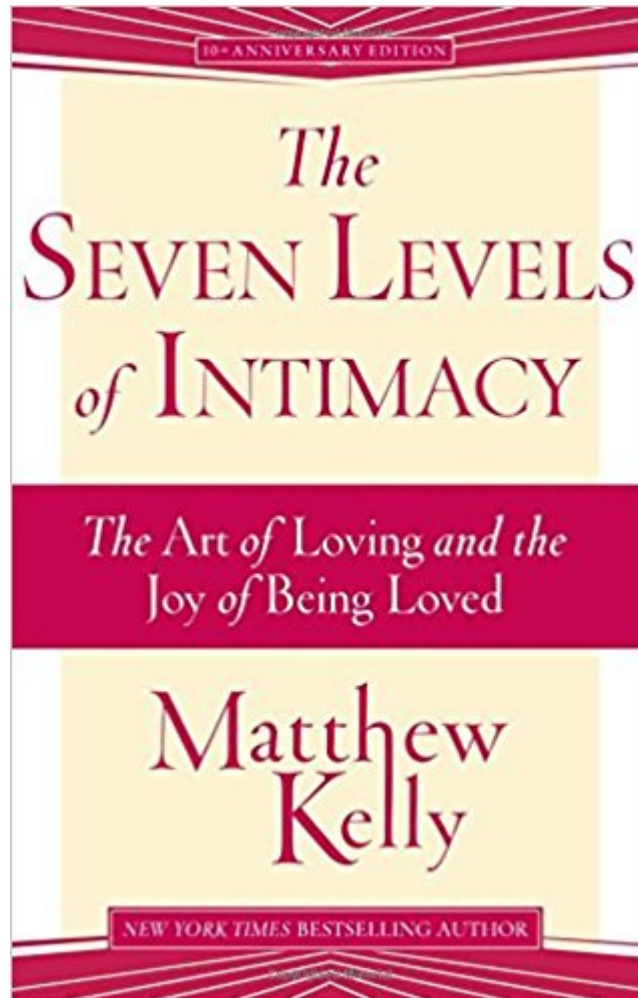




The book was found

# The Seven Levels Of Intimacy



## Synopsis

We all yearn for intimacy, but we avoid it. We want it badly, but we often run from it. At some deep level we sense that we have a profound need for intimacy, but we are afraid to go there. Why? We avoid intimacy because having intimacy means exposing our secrets. Being intimate means sharing the secrets of our hearts, minds, and souls with another fragile and imperfect human being. Intimacy requires that we allow another person to discover what moves us, what inspires us, what drives us, what eats at us, what we are running toward, what we are running from, what self-destructive enemies lie within us, and what wild and wonderful dreams we hold in our hearts. In *The Seven Levels of Intimacy*, Matthew Kelly teaches us in practical and unforgettable ways how to know these things about ourselves and how to share ourselves more deeply with the people we love. This book will change the way you approach your relationships forever!

## Book Information

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## Customer Reviews

A throwaway buzzword in pop psychology, intimacy remains a litmus test for the health of relationships and is something everyone should strive for, says Kelly, the bestselling author of *The Rhythm of Life*. "Intimacy is the one thing a person cannot live happily without," he writes. Since many people cling to the "pubescent notion" that intimacy and sex are synonymous, Kelly begins by talking about what intimacy is not-sex, common interests-and proffering up inspirational tidbits and oft heard motivational questions ("Who energizes you?" "Why do they energize you?" "How do you want to be remembered?") before hammering home the thesis of this book: intimacy is a "legitimate need." His seven levels of intimacy-clichés; facts; opinions; hopes and dreams; feelings; faults, fears and failures; and legitimate needs-each get a chapter-length discussion. Kelly advocates

openness-in communication, enduring pain, delaying gratification-and sprinkles in bits of spirituality in cajoling readers to foster intimacy, and, in turn, love and the meaning of life. "Life is about love. It's about whom you love and whom you hurt. Life's about how you love and hurt the people close to you." His view may seem simplistic, but Kelly's simple, direct prose and patient explanations will appeal to spiritual readers. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A highly readable, well-written book that contains deep wisdom and practical guidance about relationships that will be useful to everyone seeking genuine and durable intimacy, especially couples. I especially appreciate his thesis that love is a commitment to helping the other become the best person he can be. I highly recommend it." --Harville Hendrix, Ph. D., author of "Getting the Love You Want: A Guide for Couples" --This text refers to an out of print or unavailable edition of this title.

I first came into contact with Matthew Kelly by purchasing and reading *The Dream Manager*, a fascinating insight on how people can transform their lives and how we can live this and that we can help others to do the same, especially in the corporate environment. This past Christmas, our Church gave one of Matthew Kelly's books to every family and visitor that celebrated Christmas with us. It was *Rediscover Catholicism*. Again, Kelly got great reviews from the people. I have bought several other books by him. This current one and *The Rhythm of Life: Living Every Day with Passion and Purpose*, which I first read as audiobooks. There is a lot of similar thinking in all of his books. We all know people suffering in relationships. It could be us! We might be a parent looking to guide our children in forming good relationships. I read up on *The Seven Levels of Intimacy* and thought "with all the difficulties we are having in marriages and relationships these days, this might have some clues to improve my life and help others also." I was fascinated. I think it has helped me in my dealings with others and has given me food to offer others who might confide in me. Kelly does not stray from the age-old principle that "Love is a decision." It is something we choose to do. It is wanting the best for another person, traditionally said as always seeking the good of another. There was a recent story in the National Catholic Register of a "US Woman to Marry Swiss Guard in Rome" that caught my attention. One of the non-negotiables Miranda Emde was looking for in a man was someone "Who knows how to love and give of himself." There's more if you read the story. But, love is something that one has to want and choose. When he told her his idea of marriage, it clicked with her!! I have discussed these ideas with others. I think we need to open our eyes and

make conscious choices about who to love and how we will love. Love ultimately is the "gift of self" which has to be done freely and wisely. We don't just settle for someone. This book can walk us through some basics that can help us to think right about this aspect of our lives. In *The Rhythm of Life*, Kelly speaks about "Everything is a Choice" and then goes into "Do You Really Know What You Want?" He asks this question of an 80-person graduation class. One girl answered, "A man to share my life with." Not having found one, she asked how she will find him. Kelly answered, "the man who wants you to be a better person." But, more specifically, he added: "When you are wondering if he is really the one for you, consider this one idea: You deserve to be cherished. Cherished! Not just loved. Cherished!" He said her eyes welled with tears and he knew she understood. These are just things which have stood out to me as I reflect on this book and the wisdom Matthew Kelly communicates to us. Your response to them will point to whether or not the book(s) will interest you. I have walked away from it different, even in my thinking. I sum it up, "Love is an 'Action' Verb!" It is an action that must come from us.

one of my first self-help books that I read . . . prompted by the various words I heard of becoming a better friend, more social, and a kinder and more "pastoral" man and leader . . . lots of interesting, practical advice . . . made me really desire a soul-mate in my life. I recommend it, especially for engaged couples and newlyweds.

One of the best books I've read on relationships. Breaks down the levels in a clear and understandable way so one could relate. At least for me it did. I've recommended this book to numerous people I talk to when discussing human interaction. The book even breaks down the types of relationships we have with each other as well. Most people think the only "relationship" they have is the one with their significant other and that is not the case. I highly highly recommend.

I purchased the audio version twice, having "loaned" it to friends, and it is my favorite. Fortunately I loaded it into iTunes, and using my iPhone music can listen while driving or while gardening, etc. I listen to it again and again.

Looking forward to some of the exercises to do with your partner that are laid out in this book. Planning our future now has a concrete outline!

Another excellent book by Matthew Kelly. A must read for anyone considering a permanent

relationship.

One of the best books I've ever read. Can help you in any relationship.

I think this is a great book. The author is repetitive, but I think he does it on purpose to emphasize the importance of having the common goal in your relationship to help your partner or spouse become the very best person they can be. I want my sons to read this book. (If I had daughters, I'd want them to read it too). Too many people go into marriage or a relationship thinking about what they want or need rather than what they can give. This doesn't mean anyone should stay and 'give' in an abusive relationship. The idea of building and uplifting each other is a common goal. Both make it work, by not focusing on themselves or the weaknesses of their significant other.

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