



## The Seven Levels of Intimacy

By Matthew Kelly

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### The Seven Levels of Intimacy By Matthew Kelly

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!

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## The Seven Levels of Intimacy By Matthew Kelly Bibliography

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### Editorial Review

From Publishers Weekly

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.

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### Review

"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*

"Matthew Kelly reminds us that love and intimacy aren't just cozy feelings that drop into our laps. They're the result of hard work and the giving of ourselves -- and lead to the ultimate joys of life. A wonderful book about an important subject -- readable and full of wise and practical suggestions."

-- Hal Urban, author of *Life's Greatest Lessons and Positive Words, Positive Results*

### About the Author

Matthew Kelly is the *New York Times* bestselling author of *The Rhythm of Life* and twenty other books that have been published in more than twenty-five languages and have sold more than 15 million copies.

### Users Review

#### From reader reviews:

##### **Paula Mendoza:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the entire day to reading a guide. The book *The Seven Levels of Intimacy* it is extremely good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In case you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book

through your smart phone. The price is not to cover but this book offers high quality.

**Philip Raber:**

Your reading sixth sense will not betray anyone, why because this The Seven Levels of Intimacy guide written by well-known writer whose to say well how to make book that can be understand by anyone who have read the book. Written within good manner for you, leaking every ideas and writing skill only for eliminate your current hunger then you still uncertainty The Seven Levels of Intimacy as good book not only by the cover but also through the content. This is one e-book that can break don't evaluate book by its include, so do you still needing yet another sixth sense to pick this!? Oh come on your examining sixth sense already alerted you so why you have to listening to yet another sixth sense.

**Kim Deyoung:**

Is it an individual who having spare time and then spend it whole day by means of watching television programs or just resting on the bed? Do you need something new? This The Seven Levels of Intimacy can be the answer, oh how comes? A fresh book you know. You are thus out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

**Robert Armistead:**

What is your hobby? Have you heard in which question when you got pupils? We believe that that issue was given by teacher to their students. Many kinds of hobby, All people has different hobby. And also you know that little person including reading or as reading through become their hobby. You must know that reading is very important and book as to be the factor. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you take to be your object. One of them is this The Seven Levels of Intimacy.

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