



The Seven Levels of Intimacy

By Matthew Kelly

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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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- Sales Rank: #1183945 in Books
- Published on: 2015-10-01
- Binding: Audio CD

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Editorial Review

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.

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