



# Rediscovering Love: An Intimacy Restoration and Growth Journey Guide

*Roy C. Rowers*

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## **Rediscovering Love: An Intimacy Restoration and Growth Journey Guide** Roy C. Rowers

Rediscovering Love is written as a guide for those people who refuse to accept the idea that the best days of their relationship are behind them and who have the courage and willingness to try and repair or strengthen their partner relationship. Learning why relationships deteriorate and helping the reader take a hard, interpersonal look at ways they may be sabotaging their relationships creates a pathway toward new levels of communication and tools for improving the quality of an existing or new relationship.

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# **From Reader Review Rediscovering Love: An Intimacy Restoration and Growth Journey Guide for online ebook**

## **Lesley Ellis says**

Thankfully I have been married now for almost 18 years and things are still going good. This book is aimed at those who are married or in a relationship that is slowly breaking apart but the couple want to try and fix things.

This book covers a lot that a therapist or counsellor would normally cover. The likes of how we were raised can affect relationships and communication. It includes case studies of 'failing' relationships and self-help exercises that you can do too.

I would suggest people who are in a relationship of this nature to buy this book before spending a fortune on a therapist, it really is very helpful, I will be recommending it to a few of my friends.

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## **Shani says**

This last year proved to be a hard one for myself and my family. With our family dynamic changing so greatly, we found ourselves conflicted over so many things. Even though my long term relationship is over, I still found this book to be both enjoyable and relatable. It is said that hindsight is 20/20 of course. But it makes me stop to think about how much things could have changed or been not as bad if we had better guidance or insight in general.

That's one of the things I felt like the author did a good job of. Not only recognizing the fact that all relationships are different but also reminding us that our own individual issues/moments play a factor in how they go on. If you are having issues with your partner that are similar to the case studies that he writes about, he shows you possible outcomes, pitfalls, etc. Its an eye opening thing really. It helps as well that one thing comes out over and over again and that's communication. I don't think we stop to think about how we say something or our physical "communication" makes a difference in how we treat and react to each other. I can also appreciate the authors attempt to make sure you are self aware. Try the exercises at the end of the chapters and see if you can adapt them into your own to better improve your life with your partner. Overall I felt like this was a very well written "how to" book that was done in a way that was more relatable than lecturing. A fantastic read to help you get on a better path with any relationship.

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## **Becca Chopra says**

REDISCOVERING LOVE can help you identify how hidden fears and learned behaviors from as far back as childhood are undermining your relationships. Page after page, you'll start to understand why your relationships have played out as they have, and how your subconscious can trick you into acting out of fear instead of love.

Reading this book has truly been an eye-opener, helping to set me on a path towards discovering and enriching my connections with both my self, my husband and my world.

Roy Rawers' truly transformational lessons are packed with mindset-altering ideas and stories that follow the progress of three of his clients. One of his recommendations to them and to readers of *Rediscovering Love* is to cultivate inner clarity through journaling, so we can see how our thoughts and feelings activate one another in a less than loving way. Then he relates how to learn and practice new ways of thinking, feeling and relating, so that we can consistently hold thoughts of love toward our partners, and consistently express them.

By the time you're done reading the book and answering the Self Help Exercises at the end of each chapter, you can't help but feel your heart growing with love and compassion for yourself and your loved one.

"Sometimes as we rediscover love, we rediscover ourselves." ~ Roy Rawers

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## **GrnEyed says**

There are so many books out there on how to make your life better. *Rediscovering Love* focuses on our intimate relationships. Rawers offers his readers with an assortment of tips and tricks on how an individual can make their relationship stronger by looking within. I might sound pretty silly but I appreciated how Rawers recommended the reader look within and see how their thoughts/feelings/ behaviors can impact how our relationship dynamic is impacted.

One of my favorite aspects to this book, aside from the case studies that spanned the entire book, was the self-help exercises at the end of the chapters. To me they almost served as "homework" of sorts after reading a chapter. Instead of simply reading about other people and their relationship issues I was able to look within and see where I have my own problems. This gave me a springboard for helping correct the issues.

I realize I need to go back and read the book a second time, perhaps only for the self-help exercises. I also found it refreshing how Rawers did not pull any punches. The section on playing the victim struck a nerve as I could remember doing this in past relationships. Perhaps if I had read this book sooner my most recent failed relationship would have succeeded. This is definitely a book for people both in and out of relationships to read. Everyone can learn more about how to be healthier in their intimate relationships. In addition, I think some of the tips and lessons in this book can help in other relationships as well, not just intimate relationships between lovers/spouses.

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## **Brooke says**

### **Another tool for your personal relationship toolbox**

Rawers does a great job with this one, seizing an opportunity to speak frankly and openly about why relationships fail to thrive and how it can be remedied. I loved how he used the same case studies throughout—this made it easy to follow and I became vested in finding in out how Donna, Stan and the others' intimate relationships fared. I also loved that he didn't skimp out on sharing possible pitfalls—there really is something in here that can benefit every personal relationship— if you'll just do your part and put his advice into action. This book could have saved my husband and I a few headaches in our first few years of marriage as our relationship grew, matured and changed. Learning to communicate and recognize triggers, forgive misdeeds quickly and thoroughly can be difficult—I loved that Rawers included the analogy of the backpack loaded with rocks—it's always been so relatable to me. I also loved the self help questions at the

end of every chapter and have already promised to to complete them with my husband the next time I'm surfing through this book.

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## **Ellie Poujade-scott says**

### **Good to read in tandem or by itself**

This book is a great introduction on how to keep maintenance on a relationship, especially one that is so personal as an intimate one.

I've been married for about three years, a portion of which was long distance. This was hard on both of us but we had already put in place some of the things listed in this book, such as support systems, looking at how we communicate with others and how to understand expectations that we both had from the relationship.

I would recommend this book to anyone, because I don't think it's just for the marriage. It would probably help anyone on working towards that point.

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