



Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction

By Barry W. McCarthy, Emily McCarthy

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Winner of the 2009 Smart Marriages® Impact Award

Think all sex should be earth shattering? The quality of most couple sex doesn't measure up to the much distorted image of the perfect romantic love/passionate sex encounter portrayed in popular culture. In *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction*, renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV, in books, or online, and discover their own unique sexual style.

The McCarthys offer three guidelines for sexual satisfaction: develop positive, realistic sexual expectations; explore sensual and sexual options; and communicate sexual desires. With this foundation, couples can take a straightforward survey to determine which of four couple sexual styles best fits their relationship. Based on three years of research and treating more than 4,000 individuals and couples, *Discovering Your Couple Sexual Style* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.

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Editorial Review

Review

"This is no 'cookie cutter' approach to relationships; McCarthy and McCarthy unearth unique qualities of each couple and show them how to blend intimacy and eroticism in a realistic and fulfilling style. Every couple can grow?and keep growing?with this book's guidance." - **Michael Metz, co-author of Men's Sexual Health**

"Once again the McCarthys have created a classic, easy to read, and relevant guide to a great sex life that is tailored to your personal style and taste. Great insights, compelling stories and fun exercises make this a must read book." - **Dr Sue Johnson, author of Hold Me Tight: Seven Conversations for a Lifetime of Love (www.holdmetight.net)**

"With wisdom and clarity, the authors provide a wealth of solid information for couples who want to overcome personal challenges, bridge their erotic differences, and create a deeply rewarding and enduring sexual life together." - **Wendy Maltz, author of The Sexual Healing Journey and Passionate Hearts**

"The very concept of a 'couple sexual style' is radically transformative and inspirational. It creates hope and confidence as couples realize that it's in their power to create and maintain, decorate and refurbish their own style?together." - **Diane Sollee, Founder and Director of smartmarriages.com**

"I appreciate that the authors note that, while this is a self-help book, it is not a do-it-yourself help book. The book provides value to the sexuality field, particularly to therapy and counseling. It is a resource that is accessible to the average person by not being over-priced or too daunting in size to read. It also normalizes areas of sexuality that are often viewed to be on the fringes by our society." - **Shanna L. S. Klunk, LSW, MSW, licensed psychotherapist, in Contemporary Sexuality, June 2010. Vol 44. No. 6**

About the Author

Barry McCarthy, Ph.D., is a clinical psychologist, professor of psychology, and certified sex and marital therapist. He has published extensively on couples and sexuality and given more than a hundred workshops around the world.

Emily McCarthy, having worked for years as a speech therapist, now collaborates with her husband on books that address issues faced by married couples.

Users Review

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The book *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction* make you feel enjoy for your spare time. You need to use to make your capable considerably more increase. Book can to become your best friend when you getting stress or having big problem together with your subject. If you can make studying a book *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction* being your habit, you can get a lot more advantages, like add your capable, increase your knowledge about some or all subjects. You are able to know everything if you like open and read a e-book *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction*. Kinds of book are a lot of. It means that, science publication or encyclopedia or other people. So , how do you think about this guide?

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Wanda Holmes:

Exactly why? Because this *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction* is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of benefits than the other book get such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were being you I will go to the e-book store hurriedly.

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