



# From the Living Room to the Bedroom: The Modern Couple's Guide to Sexual Abundance and Lasting Intimacy

By PsyD, CST, CSAT, Drs. Bill and Ginger Bercaw

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If your relationship, including your sex life, stayed EXACTLY the way it is now for the rest of your life, would you be satisfied? If you can't quite answer "absolutely," you have lots of company. In fact, it has never been harder to be a couple than it is today: The strong currents of modern life are taking a huge toll on relationships, leaving many couples drifting slowly from each other. How would we know? Well, not only do we see this every day in our work with couples at our office, we regularly come face to face with these distance-creating currents in our own, thoroughly modern marriage. We have drawn on our marital and clinical experience to develop a new treatment model created to lead couples like you -- and like us -- on a powerful yet efficient journey toward rekindled passion and connection. The exercises we've chosen for this book focus squarely on improving your Living Room (emotional intimacy) and Bedroom (sexual intimacy) connection. The resulting positive feedback loop between the two rooms of your relationship is what we call CoupleFlow™, which is a stronger, brighter, more resilient and more passionate partnership that is more than capable of facing the many challenges posed by our crazy-busy, tech-bombarded, running in a million different directions culture. This approach has helped so many of our clients to find greater levels of joy in both rooms of their relationship than they ever knew possible. Since we can't personally work with everyone, we wrote our book to make it as easy as possible for any couple to have access to this proven, action-oriented program. We invite you to join the rising tide of couples taking charge of their relationships like never before...from the Living Room to the Bedroom.

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