



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

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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