

## RIDING the PASSIONATE EDGE

Converting Tension into Emotional Intimacy

MARY and TOM CUSHMAN

## Mary Cushman

Riding the Passionate Edge: Converting Tension into Emotional Intimacy



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Within an intimate relationship, it really is a common mistake to believe that psychological closeness and tension can't co-exist--that love and anger can't sit at the same end of the couch. The reserve challenges the theory that emotional stress is inconsistent with psychological intimacy. Believing that unresolved pressure creates estrangement and loneliness, authors Mary and Tom Cushman provide concrete skills for transforming relationships--even those that feel beyond fix. Riding the Passionate Advantage is written in a conversational, informal style, by a married pair of long-time counselors. Riding the Passionate Advantage is about learning how exactly to risk our most vulnerable selves in the human relationships we value most, reaching for a far greater connection with aliveness in ourselves and in those interactions. Riding the Passionate Advantage: Converting Tension into Emotional Intimacy turns this mistaken idea ugly. It will nourish any reader seeking a concrete approach to intimate relationships that is immediate and engaging. It seeks to deepen our capacities for empathetic hearing, straight talk, compassion and forgiveness--curing the damage caused by unresolved psychological wounds. In Riding the Passionate Advantage, readers will learn how to improve corrosive conflict into pathways to deep psychological intimacy. Instead, it creates a powerful case that engaging tension directly and skillfully provides new life to your loving, and restore dropped spontaneity.



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Go deep and develop up! The Cushmans give us a valuable "primer" for new relationships, as well as a seasoned "recap" for all those of us getting long of tooth (40 years married in my case). The writers possess blended wisdom with particularity, avoiding polemics while citing specifics. Their own relationship is definitely tastefully on display without smacking of "do it this way, or else! From blame to passionate intimacy Glen A Chilstrom, Ph.Depth fosters much needed focus on the roots (life under the surface), whereas our culture tends to overspend on "maintaining appearances" - namely existence amidst the branches and leaves that eventually wilt, fall off and die! The essence of the Cushman's message is clear from the book's title. The authors present their case in an readable format, combining verbatim accounts of both conflict resolution (and lack thereof), with elements of their own tales which illustrate use of the aforementioned tools in a cogent manner. The promised land laid out in the book is not the commodified and shallow satisfaction of the happy ending, but an ever-evolving joy that comes from accurate intimacy. Imagine yourself in that new guise, and then read this book!] I also speak from encounter as a pastor, professor, counselor and trainer, when I say this is an especially fine book for men!Descended from an extended lineage of "Bickersons" [definitely, we all know Mr and Mrs Bickerson? Men are more likely to become pugilistic - spoiling for a fight - and then, having found (or made) one, having to "win" it in order to preserve their feeling of manliness. The Cushmans present us to the artwork of the "spat" as an amazingly nuanced way of experiencing and articulating conflict without turning it into a windrop proposition. It was well writtem with items of humor and it experienced a nice stream to it.) because they deeply fear their personal anger and the impotent power it could awaken in them. This is the perfect book! A Hopeful Book This is a hopeful book for anyone trying to live out the full potential of a committed relationship. The writers appreciate that humans are as very much bodies searching for spirit, as spirits searching for embodiment.) and intellectually substantive (without having to be ivory-tower). Free from "God" talk, the publication is intensively spiritual (without being airy-fairy! The physical, sexual, emotional, spiritual, psychological areas of life cannot be measured along mutually special indices. We are in once looking for wholeness (re-membrance) yet still broken (dis-membered); It cuts to the heart of marital dysfunction and offers practical ways to switch conflict into intimacy.. This is a great book for men! As the cover artwork suggests, this is a reserve about the dancing, in which both partners, no matter gender-specificity, can "lead" and/or "adhere to" without constantly stepping on eachother's toes! From two-stage to tango, cha cha to enchufla, that is a reserve for all who value the dance of lifestyle! In conversational design Mary and Tom cut no one slack within their essential invitation herein to "be our best self". While targeted at marriage, it is obvious that the insights offered here

can connect with any relationship, and that essentially, they could be boiled down to two things - be obvious about your own emotions, and listen properly to those of others. Easy to understand, much harder to accomplish. I especially appreciate that they walk through actual emotional conversations and point out when and how items turn for better or for worse. I've given it to my recently married child and his wife and intend to provide it to couples when I really do their marriage counseling. It is whenever we don't communicate these that our actions and phrases may become toxic and damaging to love and intimacy. An excellent read and a valuable book. This is the perfect book! I've trained with to ., Clinical Psychologist This is an excellent book for helping couples obtain beyond their destructive blaming if they experience conflict. Plus they provide a series of annotated "case studies" that give readers concrete types of how the process can work in everyday interactions. In age "viagra" it really is far past due time for guys to learn to properly like themselves, and their relationship partners, without concern with getting flaccid! I also think they make clear what is occasionally so hard to understand in relationships pressure, conflict, even anger are not to be feared or also avoided. disintegrated while searching for integration. This is, above all, a hopeful publication for couples who feel trapped in icy silence, resentment and loneliness. We all have been items of an imperfect . As a professional, who has worked with couples for many years, I recommend this publication for all who want a closer, richer relationship. Relationship work made accessible Mary and Tom do a wonderful work encouraging couples to challenge themselves and deepen their human relationships. The writing is usually engaging, and they give good, obvious examples. I love the colorful usage of vocabulary - and the light-hearted spirit they encourage is definitely assisting me dare to try what would normally seem daunting. Frequently partners chat from their 'heads' instead of their 'hearts' and end up defending their particular positions instead of understanding each others' emotions. Four Stars Very insightfully Caring and courageous honesty A common misconception about relationships is that the target is some sort of contented status quo - like the cheery, burnished couples in beer commercials. Authors Tom and Mary Cushman, nevertheless, possess a different idea. slack in their important invitation herein to "end up being our best self". probably even re-pot the entire plant into a larger, roomier space where to grow. Who folks is without interest? The Cushmans make use of a what may be called a quaint vocabulary to spell it out the various ways conflict can play out. There are spats and bickering and arguments. I believe I also learned how to possess a constructive argument.. For the Cushman's, though, the spat may be the key element for discovering a larger sense of involved intimacy. In Riding the Passionate Advantage, the Cushmans reveal why the spat keeps such promise and how couples can use it to maximum advantage. This book

invites us to tend to the roots - because, more than likely, we are rootbound! Riding an edge, whether it be a canyon or a marriage, involves a level of tension and also danger.. We all have been items of an imperfect previous departing us wounded. In the Riding the Passionate Edge, the Cushmans provide a framework of how exactly to go about the process of using spats for good rather than for ill. They define caring ways of engaging with a partner without papering over variations..My just quibble is that carrying out the program outlined in the reserve seems like a problem for the common couple. The Cushmans may have included a bit more on what couples can deal with botched efforts and how to keep going. Overall, I believe this book is strongly suggested for couples who wish to raise their relationship to better levels. . Many people might think about a spat as a short-lived verbal squall compared to the more energetic and destructive hurricane of a disagreement. Based on the Cushmans, the strain and danger of a spat is, in fact, an opportunity. In their publication Riding the Passionate Edge, the Cushmans present another model for a fulfilled relationship. Regarding the writing: despite the serious nature of the topic, the tone of the writing is usually engagingly light hearted; Men are especially looking for deeper understanding and appreciation of themselves, and their associations, in this multifaceted sense.. A wonderful book Riding the Passionate Edge is both a useful guide to improve human relationships and a deep meditation on what makes us happy and what we seek in human relationships: intimate connection. These interactions can uncover the issues that can often fester unseen under the strata of apparently solid human relationships. When two damaged selfs meet up with on intimate grounds much unearthing is needed for a harvest of pleasure and wellbeing. And the mechanism of that intimacy is not a lukewarm consensus predicated on avoiding conflict, but instead the warm friction of a caring and courageous honesty. Live fully. Live now. Seriously guys, the penis will not the man make, any more than "the clothing make the man" which is to state, go deep, grow up, and ditch the baseball cap (or whatever mask you have to feel manly)! It is a guide for those couples seeking to get beyond the emotional limits imposed by unresolved emotions and poor communication skills by instructing them in the ways of effective hearing, empathic responses, lowering defenses, curiosity, and mastering silence. Shed some light and air on those roots; Rather it can help them learn and develop the skills required for empathic hearing and speaking...depth [in a relationship] is a spiritual matter. In mere 171 well-written, enjoyable and sometimes humorous web pages, the Cushmans tell us-no, prove to us (their examples include their own)-how to deepen, enrich and grow connection-how to relate and like with meaning. Jan" Not really a "self-help" publication, this reads more like the narrative of "everyman/girl" with repeated invitations to proceed deeper, and deeper, and deeper into one's own exclusive soul and psyche. My great wish is that their next book is on the way.. We do believe it

vital that you cite the authors' caveat in the Introduction, however: ". Thank you! The Cushmans do a wonderful work, in engaging readable prose, of helping couples achieve better depths of emotional intimacy and find the creative passion in their relationship. full of pithy phrases and apt metaphors. Essential read - life changing! A must browse for anybody in any type of relationship -i.e., everyone-Riding the Passionate Edge can be an amazing book. So in retrospect this book, without having to be overly religious, incorporates a spiritual perspective, in the widest feeling of the term spiritual. I have had the privilege and fortune of experiencing in workshop and small group in another of their urban parishes some of the remarkable and unique Cushman wisdom and delivery, including some of the principles outlined in this publication. It transformed my life!D. I liked the book very much I liked the book very much. Men are also more likely to end up being conflict avoidant (flight risks! Not absolutely all of these, however, are of help in moving a relationship forward. Good advice in it." As the overall approach of their book would have been insufficient for the deep spiritual healing we experienced earlier inside our marriage (through a committed Christian community), both Ann and I found it to become very helpful, each inside our own way.



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