



Exploring Intimacy: Cultivating Healthy Relationships through Insight and Intuition

Suzann Panek Robins

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Building off the idea that when we are happier, we tend to be healthier, Robins explains the phenomenon of how our intuitive knowing fosters healthy relationships that contribute to our physical, mental, and emotional health. Readers learn to utilize a variety of pathways that will change their responses to others and will produce lasting, more rewarding, and closer relationships in all areas of their lives. This book is designed to aid readers in looking inward and experiencing how their intuitive sixth sense informs their ability to be intimate without the negative triggers of past experiences. Through a considered and thoughtful approach, Robins offers insight into cultivating a truly integrated self so that one may lead a more fulfilling and healthful life.

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