



## **Becoming One: Intimacy in Marriage**

*Robert F. Stahmann , Wayne R. Young , Julie G. Grover*

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Beyond the excitement of building a life together lies the reality that the quality of a marriage relationship is built upon physical and emotional intimacy. Too many couples begin in ignorance, not understanding their own needs or those of the person they love. Countless studies have shown that this can lead to problems and conflicts over the sexual aspects of marriage that may contribute to unhappiness and even divorce. How much better to establish a basis for open communication, unselfishness, and love by learning the facts about the differing sexual, emotional, social, and spiritual needs of men and women. Written from an LDS perspective, *Becoming One* offers frank, easy-to-understand information that can keep married couples on the path to a happy, fulfilling relationship--one that will serve them well throughout all the stages of their married lives.

## Becoming One: Intimacy in Marriage Details

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## **From Reader Review *Becoming One: Intimacy in Marriage* for online ebook**

### **Bethany says**

#### **Very helpful**

Great book that taught not only about sex but also about how to have a successful marriage in general. I am excited to apply these principles when I get married. I asked my fiancée to read it too!

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### **Kristin says**

Great for those getting married and for those who have been for awhile. Gave it to my sister and she thought it was great. It answers many questions. Easy read!

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### **Christina says**

I read most of this book myself, then decided it was so good that I wanted my husband to read it with me. I would recommend this to any newly married (or even engaged) couple. It is pretty short and easy to read. Some of the advice and descriptions are necessarily a bit explicit, but I didn't feel like anything was inappropriate (just embarrassing to be reading out loud).

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### **Colette says**

Quick, useful read. However, I feel like some of the other LDS perspective books (such as *And They Were Not Ashamed* and *Between Husband and Wife*) were more helpful. However, this book would provide a good starting point.

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### **Holly says**

I bought this book at Deseret Book as a recommendation from another book written by an LDS author, "Then Comes Marriage." I read this book before I got married and I liked that it was very informative but also appropriate and from an LDS perspective. I would only recommend this book though to engaged couples who are soon to be married or already married couples.

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### **Vivian says**

This one is perfect for newlyweds. I wish I had read this one when I first got married. I highly recommend.

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**Thea says**

Learned a lot. Definitely recommend for anyone getting married.

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**Dave says**

Reminds me of his classes at BYU - informative, dry, and yet highly-applicable. Seems more aimed for newer couples (or couples who have been married for years but have not really reached their potential). Makes a good therapy reference book to have on the office for couples working out their issues.

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**Connie says**

This is a great book for newlyweds or those engaged to be married. But it also has some helpful "reminders" in the last half of the book for those that may have been married a while. Tasteful and informative and doesn't beat around the bush.

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**Callie says**

Textbook for class

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**Katie says**

Great to read, especially right before getting married or shortly after. Very informational and informative.

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**Heather says**

This book is mainly aimed at engaged LDS couples or newly married LDS couples. Though it can be helpful to people on all parts of the marriage path. It covers the topics of emotional, and physical intimacy with all the aspects of life that can effect those things. It has questions to ask yourself and your spouse, and suggestions for things to do to improve. It is easy to read and I enjoyed it.

This book is shorter than other relationship books I've read; like [The Seven Principles for Making Marriage Work](http://bit.ly/1RuGPW0) (<http://bit.ly/1RuGPW0>), or [And They Were Not Ashamed](http://bit.ly/1Z44C4Y) (<http://bit.ly/1Z44C4Y>), but contains the essence of those books in a more summarized way.

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### **Chris says**

I didn't realize this was a how to manual for newlyweds! I did learn a few things. The narrator's voice was soooo monotone that there were parts that were hilarious; compliments to your wife said in his monotone just made me giggle. Definitely a good book for engaged and newlywed couples to read.

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### **Jason says**

Good book. Good for those who are struggling in their relationships, soon to be married, and those who just want to make sure they are well informed. I found useful tidbits and I applaud the LDS authors to take on a topic that makes many people uncomfortable. It's also a quick read. Some parts can be skipped based on where you are at in life. Only 112 pages...you could read in an hour or two.

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### **Bonnie says**

This is a great book to recommend for an engaged couple, or a newlywed couple. It is short, to the point, tastefully written, and written from an LDS perspective. I had to read it for a class, but I'm glad that I read it.

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