



# Sexual Awareness: Your Guide to Healthy Couple Sexuality

*Barry McCarthy, Emily McCarthy*

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**Sexual Awareness: Your Guide to Healthy Couple Sexuality** Barry McCarthy, Emily McCarthy

In the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, *Sexual Awareness* focuses on factors that promote and subvert healthy couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better.

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