



Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy

By Ken Page

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Lose weight. Act confident. Play hard to get. This approach to dating doesn't lead to love, it leads to insecurity and loneliness. In *Deeper Dating*, psychotherapist Ken Page offers a new path to finding meaningful and lasting relationships. Learn how to attract people who love you for who you really are, become more self-assured and emotionally available, and lose your taste for relationships that diminish your self-esteem. With exercises, practical tools, and inspiring stories, *Deeper Dating* will guide you on a journey to find the love—and personal fulfillment—you long for.

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Editorial Review

Review

“*Deeper Dating* is counter-intuitive, and it is among the best manuals for succeeding in finding and keeping love we have seen. According to its author, the core attractor for the person best suited for a great love is the part of you with which you may be most uncomfortable: your vulnerability and authenticity. He explicitly votes against a presentational self attempting to make an impression. Not only does he encourage you to leave your defenses at home, he shows you with many illustrations and exercises just how to prepare for the ultimate relationship with someone who is just right for you.”—Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D., authors of *Keeping the Love You Find* and *Making Marriage Simple*

“Deeper Dating is a beautiful journey into deeper intimacy, an inspiring and important guidebook for everyone seeking authentic love.”—Judith Orloff, MD, author of *The Ecstasy of Surrender*

“If you are truly ready for big, heart-opening, lasting romantic love, this workshop-in-a book offers the proven step-by-step process. Highly recommended.”—Arielle Ford, author of *The Soulmate Secret*

“*Deeper Dating* was a revelation for me. This enlightening book helped me to see the way we go about dating deeply influences the kind of relationship that will emerge. If you desire a soulmate, lead with your soul. So many of us come from that place of looking for that person who 'completes' us, but Ken helped me to see that I desire a partner who 'reflects' the best in me. Show your core gifts of vulnerability and authenticity and you'll find a partner who does the same.”—Chip Conley, author of *Emotional Equations* and *Peak*

“A unique and brilliant contribution. Chock full of practical wisdom as well as tender care. Highly recommended!”—Edward Hallowell, MD, *New York Times* bestselling author of *Driven to Distraction*

About the Author

KEN PAGE, LCSW, is a psychotherapist and author of the popular *Psychology Today* blog *Finding Love*. Ken has led hundreds of workshops on intimacy and spirituality for thousands of participants. He has taught at Columbia University, the Omega Institute, Iona College, Rowe Conference Center, and the Garrison Institute. Ken founded Deeper Dating in 2004 as an event platform in which trained facilitators speak on sexuality, intimacy, and spirituality in the world of dating and then lead participants in a series of fun and enriching exercises. The live events he has led provide an alternative to the bar scene and superficial dating events. They have drawn thousands of men and women of all ages and sexual orientations and have received much media attention.

Users Review

From reader reviews:

Rita Dubois:

Do you one among people who can't read gratifying if the sentence chained inside the straightway, hold on guys this aren't like that. This Deeper Dating: How to Drop the Games of Seduction and Discover the Power

of Intimacy book is readable through you who hate those straight word style. You will find the info here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to provide to you. The writer regarding Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy content conveys prospect easily to understand by many individuals. The printed and e-book are not different in the content but it just different such as it. So , do you continue to thinking Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy is not loveable to be your top checklist reading book?

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Oliver Lyle:

Is it an individual who having spare time and then spend it whole day by watching television programs or just lying on the bed? Do you need something totally new? This Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy can be the reply, oh how comes? The new book you know. You are and so out of date, spending your spare time by reading in this new era is common not a geek activity. So what these books have than the others?

Jodi Dunn:

Within this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple solution to have that. What you are related is just spending your time very little but quite enough to get a look at some books. Among the books in the top list in your reading list is definitely Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy. This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking way up and review this book you can get many advantages.

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