



# Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking

*Patricia Love , Jo Robinson*

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**Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking** Patricia Love , Jo Robinson  
Can monogamous partners maintain the passion and excitement they felt in the early days of their relationship? Dr. Patricia Love, an eminent sex and family therapist, and bestselling author Jo Robinson say it is possible, and show how it's done. Culled from extensive case studies, they provide a step-by-step program to help keep the spark lit and send satisfaction soaring. Best of all, couples will be able to tailor a tremendous store of sexual techniques to fit their own personalities, preferences, and lifestyles. This is a remarkable guide proving that mutual desire and sexual heat don't have to fade but instead can grow more powerful with every passing day.

## Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking Details

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# **From Reader Review Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking for online ebook**

## **Michael Thompson says**

I've only read half of the book so far. If you're in a relationship, there are a ton of things in this book that could prove useful. Most of it isn't sexual (although there's some great stuff in that arena too). Most of what I've read so far centers on communication. Since sex is 90% mental, that makes sense. One of my favorite television characters, a certain Frank Underwood, once said, "Everything is about sex, except sex." That seems to be generally true. Much of what we do in our day to day lives somehow relates to/is driven by sex. But when we're actually having sex, it's about a thousand different things (intimacy, security, passion, release, danger, etc.) If you're keyed in on intimacy or passion, but your partner's all about trust/security, you are not speaking the same language. That disconnect can be devastating in a relationship. So, communicating with each other solves that disconnect. The trick is getting your partner to read the book/try the advice in it (a pretty tall order in some relationships). If you figure out how to do this, please tell me. That said, just making the effort to read this book says something about you.

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## **HeavyReader says**

Even though I am not technically in a monogamous relationship, I picked up this book at a Friends of the Library book sale. I like to read advice books by a variety of sex educators to find out what techniques are being recommended to folks.

This book has a lot of really good information, and I got a lot out of it. The number one suggestion is communication and good communication at that, not just blabbing at each other all the time. There are exercises at the end of each chapter for both members of a couple to fill out and then share with each other. These exercises let the individual learn more about him/herself and gives both partners the chance to learn about each other.

Couples who are committed to each other and to making their relationship work can find a lot of advice and practical solutions for making their sex life and all of their relationship more intimate and passionate.

Recommended!

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## **Renee says**

The content and writing style are old-fashioned and outdated, and sometimes conflicted with more recent data in other books on marriage/sex I've read. Some of the ideas and exercises I disagreed with and some I had already thought of on my own. But I still got some helpful nuggets out of it.

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## **Aerin says**

As you can guess from the title, this book is skewed towards a monogamous viewpoint. That's not really an issue for me as I tend towards monogamy. However, I thought this was a great book about how to communicate about sex and intimacy and build trust in sexual relationships. I think it has some good solid advice and some exercises to help couples relate to each other better sexually. I think a lot of the issues and ideas addressed in this book would benefit all sorts of relationships, though if you happen to be polyamorous, some of the ideas (such as intimacy thrives best in monogamous relationships) may be annoying to you. But, if you can overlook those things, I think it's useful.

This book is really about communication, not the hottest new sexual techniques. But, communication is at the heart of intimacy and allows couples to open up to each other and try things they might never have felt comfortable with before. It also addresses needs and allows for boundaries and the development of trust.

Definitely worth a read if you've ever been in a relationship that has suffered sexually. I think it is probably most useful to read and do the exercises with a partner. But, it is also interesting to read while single and apply later.

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### **Lauren says**

Overall a good book for couples to read to better understand why they should be talking about sex and what they can do to better enjoy it.

There is some crude language in the case studies and some of the interventions they suggest are outdated.

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### **Patti says**

Excellent book. Pat Love is a great marriage therapist. Doug and I incorporate lots of her marriage therapy techniques into our work. Discovered this book when we were in Austin for training. It is one of the best I have read on passionate, intimate lovemaking. I think it was written in the 90's originally and republished in 2013. It has good information and excellent exercises to facilitate talking about sex, resolving differences, communicating about techniques, relaxing into fun, creating romance, dealing with feelings about body image, becoming more sensuous and overcoming blocks to passion.

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### **Jim says**

Don't you just love this title?

Seen at a Goodwill in South Pittsburg, TN.

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