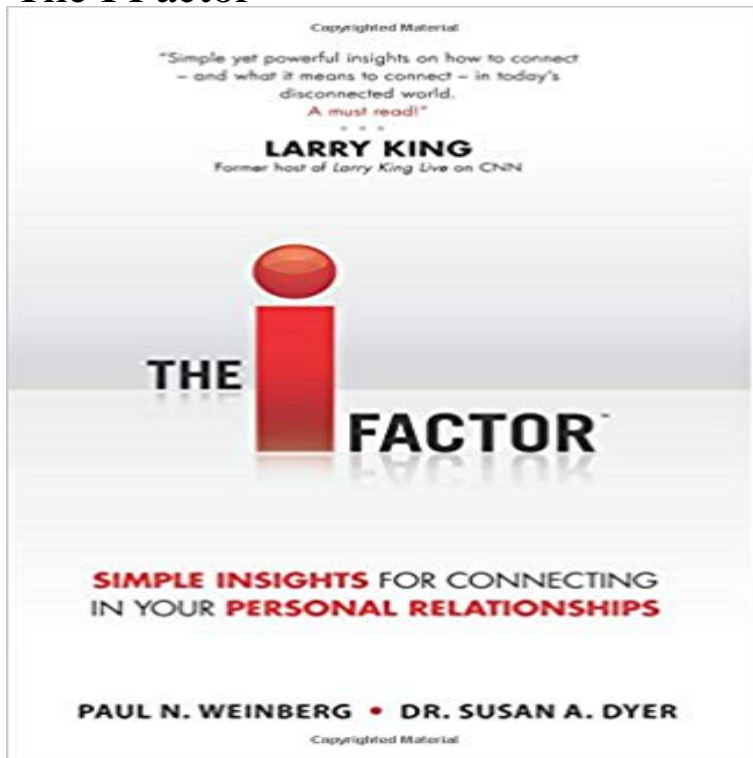


The I Factor



The I Factor offers a collection of simple insights for connecting in your personal relationships. What is The I Factor We live in an age of unprecedented 24/7 connection, in which Facebook, email, text messaging and other forms of electronic communication have us instantly connected to anyone and everyone around us. And yet, despite being more connected than ever, many of us are also experiencing a profound and pervasive sense of isolation and disconnectedness. We skate along the surface of our relationships, having swapped quantity for quality and frequency for depth. The I Factor gets back to basics on whats been missing from our personal relationships all along. Specifically, this book is about intimacy, a fresh take on a very old subject and a new way of looking at a forgotten idea. Because old-fashioned intimacy is really just the deeper level of connection that most of us talk about wanting in our personal relationships, but struggle to find in our modern-day lives. This uniquely approachable book focuses exclusively on intimacy and our universal need for connection with a collection of over one hundred concise insights that are well-suited for todays fast-paced lifestyle a book for the wired world of Twitter, sound bites, and short attention spans. Clear and direct, with illustrative quotes, and cartoons for a bit of humor, this book gets to the heart of what true connection is all about. It will increase your awareness of what intimacy is and isnt, and provide a framework for cultivating more authentic and meaningful connections so that your close personal relationships can be more loving, harmonious and satisfying. The I Factor is a book about increasing the level of connection in all of your personal relationships, including those with romantic partners, friends and family members and most importantly, the one you have with yourself. So whatever you call it the I factor intimacy connection this

book will enhance your personal relationships, facilitate your own personal growth, and contribute to your overall sense of connectedness, serenity and well-being. Who This Book is For Simple insights to improve your relationships and your life! Whether you're a man or a woman, young or old, straight or gay, in a friendship, a family relationship, single, dating, partnered, married or divorced If you'd like to understand how emotional connection is the long-term glue that binds together your personal relationships If you're more interested in the similarities between people and their universal need for connection rather than the differences If something seems to be missing from your personal relationships and you can't quite put your finger on it If you're experiencing conflict with your partner, a friend, or a family member and you're having difficulty resolving it If you feel stuck in old, recurring patterns of relating that no longer work for you If your relationships tend to skate along the surface and you want to go deeper If you'd like your personal relationships to change but you don't know where to start Then this is the book for you. Why This Book The I Factor was written from the unique perspective of an ex-husband and wife who, over the course of nearly twenty-five years, have maintained an enduring connection through dating, marriage and divorce. It distills their accumulated wisdom about emotional intimacy acquired through their own personal journeys, their relationships with each other and with others, and a long-term commitment to personal growth.

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