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14 Days of Foreplay

MMFT, LMFT, LPC, Monica Lieser, PhD, LMFT, Tianna Rooney

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We all know that healthy, enduring relationships settle into patterns of contentment. The simple communication and flirtation practices outlined in 14 Days of Foreplay encourage couples to enhance and invigorate their emotional and physical intimacy. Realizing that simple gestures and interactions count as foreplay adds a special intention to how couples communicate with each other all day long. From fully clothed make-out sessions to spilling saucy, appreciative secrets, the activities recommended are designed to suit couples of all ages, whether shy or boisterous. Experienced, friendly, and down-to-earth therapists Monica Lieser and Tianna Rooney suggest three phases of activities for couples to engage in at their own pace.

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