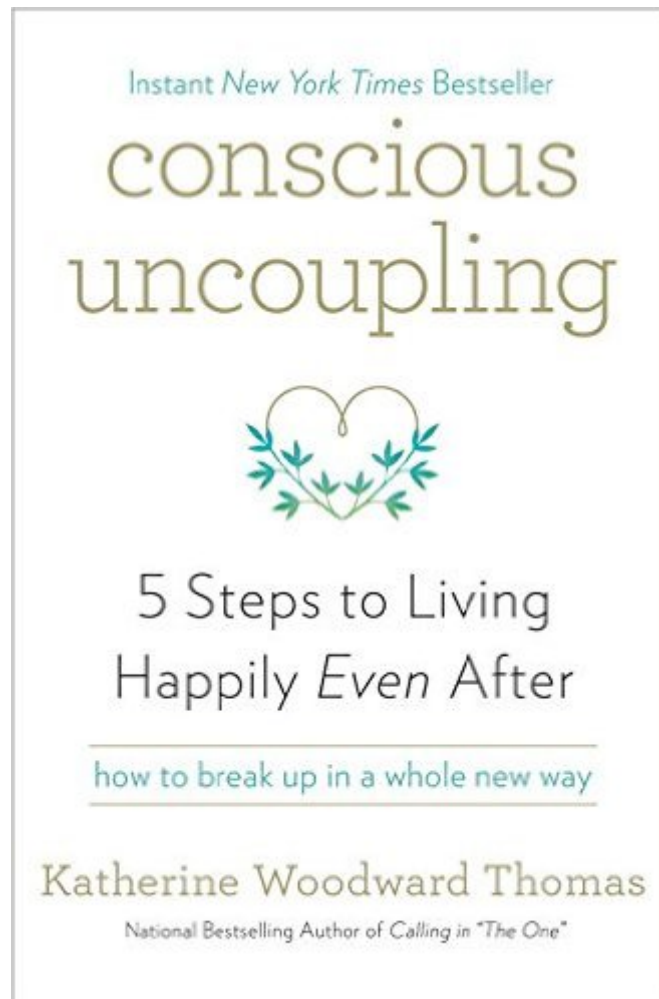


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# Conscious Uncoupling: 5 Steps To Living Happily Even After



## Synopsis

And Then They Lived Happily | We enter our romantic relationships with great love, hope, and excitement--we've found the 'one', so we plan and forge our futures together. But sometimes, for many different reasons, relationships come undone; they don't work out. Commonly, we view this as a personal failure, rather than an opportunity. And instead of honoring what we once meant to each other, we hoard bitterness and anger, stewing in shame and resentment. Sometimes even lashing out in destructive and hurtful ways, despite the fact that we're good people at heart. That's natural: we're almost biologically primed to respond this way. Yet there is another path to the end of a relationship--one filled with mutual respect, kindness, and deep caring. Katherine Woodward Thomas's groundbreaking method, Conscious Uncoupling, provides the valuable skills and tools for you to travel this challenging terrain with these five thoughtful and thought-provoking steps: Step 1: Find Emotional Freedom Step 2: Reclaim Your Power and Your Life Step 3: Break the Pattern, Heal Your Heart Step 4: Become a Love Alchemist Step 5: Create Your Happy Even After Life This paradigm-shifting guide will steer you away from a bitter end and toward a new life that's empowered and flourishing.

## Book Information

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## Customer Reviews

This book is a MUST READ for anyone who has - or has ever had - a broken heart. Katherine Woodward Thomas, with deep caring, compassion, and courage, shows how we can move from heartache to true, deep, rock-solid happiness. While this book focuses on romantic breakups and

divorce, it is applicable to any life-change that leaves us shattered and wondering how we can go on. After decades of living heart-broken, I never expected to feel joy again. Thanks to Katherine's amazing work, I do! Conscious Uncoupling is the lifeline millions of people have been searching for! I'm recommending this book to those dealing with divorce or breakups, but also to everyone who is hurting, struggling, and longing for happiness and love. Conscious Uncoupling is way more than a book...it is a priceless gift to humanity! Thank you, Katherine!

Given the billion dollar divorce industry, we have all needed to find a better way to face the ending of a relationship that speaks to our better angels. I saw Katherine Woodward Thomas, MA, MFT, a best-selling author and well known relationships expert and therapist as the featured author on the September 18th Today Show. Katherine created Conscious Uncoupling over 7 years ago offering it first as a successful pioneering online course that she continues to offer and now there's a book. With her experience working with 1000's of individuals and couples around the world, Katherine delivers. The book is a wise, reasoned, and compassionate take on modern breakups and a wonderful step by step guide for those who want to take a higher road when facing a breakup. It's also a good read for anyone wanting to improve the one you're in or will be having in the future. She provides you with simple yet profound steps to bring your better self to the ending of your relationship, in ways that leave you whole and all concerned able to move forward. Katherine says, we need a way to break up better. Who better than the person who has been a pioneer in the field and has helped 1000's of individuals and couples around the world to call in love, to improve relationships and to end them with dignity and compassion.

When we go through a breakup, divorce or other major life changing event, we can find ourselves completely unprepared for its impact. Emotions run high, our identity shattered, dreams and hopes no longer true - how do you deal with the pain, let alone rebuild your heart and life? In this book Katherine provides a proven process for how not only get through the breakup/divorce itself without creating a greater mess by letting our feelings run the show - but also how to use this pivotal point in your life for a true transformation: she teaches you how to stay true to yourself, and become even more authentic and deeply happy; how to learn from the pain on a deep level, so that you not only "get" the lesson (and NEVER make the same mistakes again) but also heal your heart in a way that you actually win a greater freedom, a deeper appreciation for yourself, life and love that you even thought possible. Her tools help you to let go of what no longer serves you, find a deeper meaning and minimize the "collateral damage" that we could be so tempted to create when revenge seems

inevitable...While it's mainly written for breakups and divorce - it can be so helpful for a variety of events that can have a life changing impact that could get you stuck in repressed pain if you don't have the tools to really process them. Katherine's process works.

This book is full of wisdom and guidance, yet it feels like a healing conversation with a friend. Katherine Woodward Thomas understands the heartbreak and devastation that come with the end of a relationship. The book guides you through the steps to get a handle on the anger and loss, gain a deeper understanding of it, and transform it into growth and healing. For anyone dealing with the trauma of a separation, or still suffering from a past breakup, or wanting new insight into their current relationship, this book is a beacon of hope. I highly recommend it!

If you're worried about your future or what's going to happen to your family after a breakup or divorce, then this book is a must read. I used to think it was wishful thinking to think I could be at total peace and resolution after my fiance and I broke up -- and I was terrified to not see his family and all the kiddos anymore because we'd have to avoid each other for life. Conscious Uncoupling has taught me that it's totally possible to FINALLY get to a peaceful, loving place again with my ex -- and that families don't have to breakup and be forever broken as a result. I don't have children, but I can only imagine how much a mother or a father would want to make sure their children aren't affected negatively by their divorce -- so whether or not you have children (and ESPECIALLY if you do!) make sure you read this book cover to cover -- because it truly will bring you peace. If everyone broke up like this, the world would be so much better of a place.

Just what I needed at a very trying time in my life. As I am going through breast cancer treatment, I am also going through a divorce after 17 years. This book is like an old friend reaching out to help. A wonderful book that should be in everyone's library that is going through a relationship breakup.

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