



## Conscious Uncoupling: 5 Steps to Living Happily Even After (Paperback)

By Katherine Woodward Thomas

HARMONY, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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, author of *Calling in The One* and creator of the 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...



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