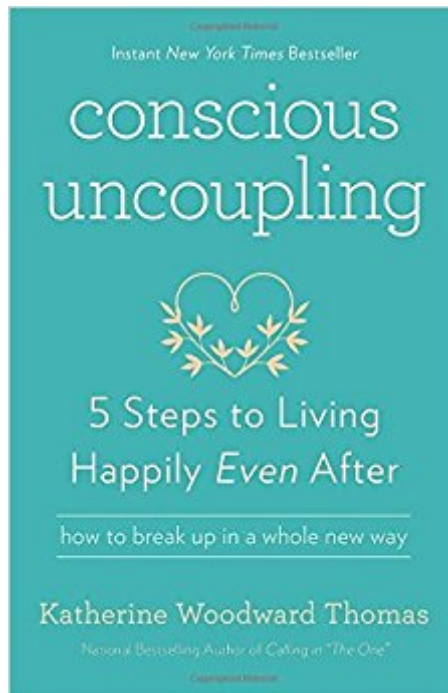




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Conscious Uncoupling: 5 Steps To Living Happily Even After



Synopsis

And Then They Lived Happily Ever After – 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 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.

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Customer Reviews

“Katherine Woodward Thomas brings a gentle but fiercely powerful approach to what can otherwise be such a painful experience. Through Conscious Uncoupling, we can transform the

deepest disappointment into a sacred journey from sorrow to peace.--Marianne Williamson, New York Times bestselling author of *A Return to Love* "During a breakup--a time that normally brings out the worst in us--Katherine Woodward Thomas takes us by the hand and helps us live in ways that are aligned with the highest and the best we have within us. With amazing clarity and depth, she'll take the splinter out of your soul and support you to end your relationship in a way that leaves you, and those you care about, whole and complete rather than broken and damaged. I absolutely love this book!"--Marci Shimoff, New York Times Bestselling author of *Happy for No Reason* "Conscious Uncoupling is a kind and compassionate guide on how to overcome breakup grief and use it to transform and enrich your entire life. The process Katherine Woodward Thomas provides will not only help make your heart whole again, but will also ensure a positive, hopeful future for all involved. A paradigm-shifting book that promises to uplevel how we collectively do breakups moving forward."-- John Gray, New York Times bestselling author of *Men Are from Mars, Women Are from Venus* "There is so much wisdom, heart, and humor in this book you'll want to sleep with it under your pillow. Katherine communicates the real deal and you'll see it immediately and breathe deeply for having such a friend on the path. Full of head, heart, body, and relational wisdom gathered from years of deep exploration, *Conscious Uncoupling* is the book that you've been looking for to guide you to true freedom. I loved it!"--Kathlyn Hendricks, Ph.D., New York Times bestselling coauthor of *Conscious Loving* and *Conscious Loving Ever After* "Before *Conscious Uncoupling* we didn't have a roadmap for how to turn the pain of a breakup into a genuine opportunity to recreate our life for the better. Now, thanks to Katherine Woodward Thomas's brilliant and beautifully written manifesto, anyone going through the ending of a relationship has an opportunity to not only heal from heartache but to evolve human relationships, and thus humanity, to a new level. With her trademark wisdom and deep kindness, Katherine shares her well-tested 5-step process that will guide you through the storm to a brighter future than you ever imagined possible."-- Claire Zammit, Founder, *FemininePower.com* "Katherine Woodward Thomas is my relationship guru. Her wisdom and guidance helped me clear all blocks to romantic freedom. *Conscious Uncoupling* will help you embrace the true meaning of forgiveness and restore your faith in love."-- Gabrielle Bernstein, New York Times bestselling author of *Miracles* Now "Conscious Uncoupling is a powerful and groundbreaking process that provides a proven path to healing and wholeness from the devastation of heartbreak. From her decades of experience as a therapist and her personal story of divorce, Katherine Woodward Thomas reveals the transformative steps back to a life of love, freedom, and happiness."-- Arielle Ford,

bestselling author of *The Soulmate Secret* "In *Conscious Uncoupling*, Katherine Woodward Thomas has created the definitive blueprint for how to complete a relationship in a way that leaves everyone honored and empowered. If you're considering uncoupling, I suggest you run *do not walk* to the nearest bookstore and start reading it today. You'll discover that a graceful parting of the ways is doable even under the most extreme of circumstances. I find Katherine to be always on the leading edge of thought and we are once again the beneficiaries of her brilliance." -- Debra Poneman, bestselling author and founder/CEO of Yes to Success, Inc. "The book *CONSCIOUS UNCOUPLING* presents a sensible and very helpful five-step approach toward turning the tragedy of a breakup into a new healthy beginning instead of a wound that keeps festering." -- John Gottman, author of *The Seven Principles for Making Marriage Work* "It's a must read for the modern breakup." -- Goop.com "Thomas proves herself compassionate and emotionally in-tune with the pain of love lost, and her guidance will likely usher many of those afflicted to a brighter, or at least less bitter, future." -- Publishers Weekly "Katherine Woodward Thomas is as wise and intelligent as she is empathic and brave. Her knowledgeable, visionary and clear teachings have consistently represented empowerment and healing to so many, myself included. Her seer-like insight and her gentle yet unwaveringly leading-edge and applicable guidance holds our hands as we traverse the often debilitating territory of breakups and endings. I am so happy Katherine is on this planet." -- Alanis Morissette From the Hardcover edition.

KATHERINE WOODWARD THOMAS, MA, MFT, is the author of the national bestseller *Calling in "The One": 7 Weeks to Attract the Love of Your Life* and is a licensed Marriage and Family Therapist, co-creator of the *Calling in "The One"* and *Feminine Power* online courses and certified coaches trainings, and creator of the *Conscious Uncoupling* five-step process, online course, and certified coaches training. From the Hardcover edition.

When my 15-year relationship came to an end after he revealed a secret sex addiction under very unpleasant circumstances and then proceeded through a full year of more lies and manipulation. A year during which I was diagnosed with and treated for a brain tumor. I didn't think that it was possible to find a way to turn the end of our marriage into a positive experience for us or our three daughters. This book has helped me do that. Although there are days when I feel angry and resentful that it came to this, I know these are fewer as I do this work more fully. It would be so easy to emerge as the victim of this situation but I am finding practical ways to avoid that trap as I work

through this book again over time and consider the implications of both my situation and my actions. Thank you for the help and support.

I've given this book to everyone I know who is going through a breakup! The "Conscious Uncoupling" process, as designed by Katherine Woodward Thomas, provides a method to peacefully resolve primary love relationships as they are ending. In modern life most people will have more than one important relationship in their lives, and these relationships can end for many reasons. We are living longer lives, and as we each evolve and change through each phase of our life, we may choose partners who will not be lifelong. Finding a way to move out of these relationships is important to all of us, and critical to those who have children. The 5-step Conscious Uncoupling process provides way to examine our own role in relationships, and become conscious of the patterns that may contribute to the lack of satisfaction. Moving through these transitions depends on our ability to take responsibility for our part in the breakup. This process gives a roadmap that frees people who are in a breakup from feeling like victims, and opens the possibility of moving forward into healthy loving relationships. The author uses the best of many disciplines to create this breakthrough method.

Elegant, helpful, and humorous. Masterfully presented by Katherine Woodward Thomas. A smooth and seamless read. I'm a relationship coach and have given this book to at least twenty people: women and men, happily married and unhappily single, ages spanning from early twenties to early seventies and everyone has LOVED it! An open-minded reader has an opportunity to recognize unwanted patterns in relating and to learn to make new choices. LOVE!

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.

Katherine Woodward Thomas is a gift to us all! In her newest book, Katherine shares her own life experience of consciously uncoupling to lead the way for a new paradigm of relationship transformation. Her book speaks to us as if we had a friend by our side as we navigate the often painful journey of divorce. Her examples and Five Step Process guide us to move forward with compassion, kindness and generosity. Katherine has helped thousands of people all over the world

to create a life filled with more peace, love and joy. She offers her brilliance and her light so that you can tune into your own heart and make your divorce (past or present) into a spiritual growth experience that is enriching to yourself and your family. Do yourself a favor and get this book for yourself - and then for anyone you know who could use a dose of wisdom, insight, and love. Thank you, Katherine, for all that you share!

Conscious Uncoupling is brilliant, inspiring and impactful. It is creating an opening for us, as human beings, to find a way to love each other no matter what form the relationship takes. Finally... an invitation to move beyond our painful reactivity and desire to hurt one another. Katherine provides simple, powerful steps to help us move us from being trapped in pain to a higher love that moves our lives in new directions. the book is perfect!

The practices and principles this book offers anyone in any phase of a breakup is nothing short of a playbook for greatness. By allowing me to uncover, discover and discard what was true for me way back when and step up and into what is true for me now, I have been prepared to align with the new direction at hand for my family, my community and myself. Katherine Woodward Thomas literally paves the way with her direct and complete road map, anchored in the conviction that all families deserve and can choose to create loving, joyful, fulfilled lives, even after. I am employing her simple instructions in all my life's relationships. Thank you Katherine, the transformative power of love as it's expressed through your book is worth its weight in gold, at the very least!

I am so happy for all those people who need this book and for the help they will get from it when they are suffering and in pain not knowing what to do about their situation. This book will help them so much in the same way as it helped me to realize that I have to take responsibility for my part of what happened in the relationship and stop blaming other people. I do like the honouring concept where you remember with no regrets or bitterness the good time you spent together..

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