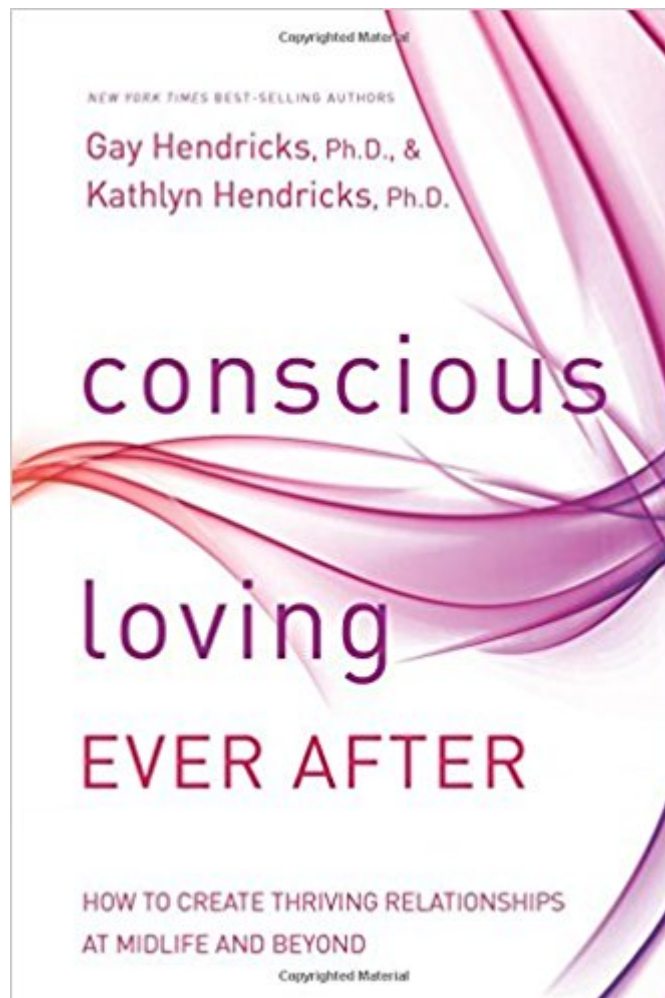




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Conscious Loving Ever After: How To Create Thriving Relationships At Midlife And Beyond



Synopsis

Are you passionately dedicated to experiencing your full capacity for love? If so, you are in for a thrilling ride on the greatest journey imaginable. If that sounds like a tempting invitation, keep reading, and prepare to take in some life-altering truths: That as you get older, your love life can get better. That instead of fading, your relationships can flourish. That you can have more exquisite love and more passionate sex in the second half of life than you ever had before. Kathlyn and Gay Hendricks, the pioneering authors of the original best-selling book *Conscious Loving*, show you how in this guide to creating vibrant and joyful connections from your mid-40s onward. Midlife is a time when we all face a choice: to settle into fixed routines and beliefs or to expand toward new horizons. With candor, compassion, and plenty of humor, drawing on experiments in the “living laboratory” of their own marriage as well as stories from their clients and colleagues, Katie and Gay offer insights and practices to help you: Expand and enrich love by making your own creative essence your top priority Take blame and criticism out of your communication with those you love Attract new love into your life Enjoy the best sex ever Whether you’re partnered or single, *Conscious Loving Ever After* can light your way through the layers of unconscious relating that so many of us get caught in. From a Ten-Minute Stuff Talk and a Ten-Minute Heart Talk to a range of whole-body learning processes designed to translate ideas into action, here are the tools you need to transform your romantic life so you can thrive in your full capacity for love.

Book Information

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Customer Reviews

“In *Conscious Loving Ever After*, Katie and Gay Hendricks don’t just give

relationship advice, they radiate wisdom and joy on every page. This book will transform and enrich the way you and your partner experience each other—and yourselves. I hope you will read it, come to see love in a new light, and relish the opportunity to spend time with these incredible souls.

—• Iyanla Vanzant, New York Times best-selling author of *In the Meantime* and *One Day My Soul Just Opened Up*

—“If you ask me, Katie and Gay are the perfect exemplars of conscious, loving, ever evolving, and utterly fabulous relationships. When I grow up I want to be just like them. This wise, generous book shows you how to do what they’ve done and live with passion, clarity, and joy.

—• Geneen Roth, author of *Women, Food and God*

—“Kathlyn and Gay Hendricks have mastered the art of Conscious Loving and generously share their decades of wisdom in this original and powerful book that provides life-transforming tools for your love life. Whether you’ve been married for years or are ready to re-enter the dating world, this book offers a clear path to creating the relationship of your dreams.

—• Arielle Ford, author of *The Soulmate Secret*

—“Conscious Loving Ever After provides couples and singles in the second half of life a joyful and creative map for the journey. If you want to make the most of your loving relationships at midlife and beyond, read this book!

—• Jack Canfield, co-author, *Chicken Soup for the Soul* and *The Success Principles*

—This text refers to an out of print or unavailable edition of this title.

Kathlyn and Gay Hendricks are pioneers in the fields of conscious relationships and body-mind vibrance and the authors of more than 30 books, including the bestsellers *Conscious Loving*, *The Big Leap*, and *Five Wishes*. During the past 30 years they have appeared on hundreds of radio and television shows and networks, including Oprah, CNN, CNBC, and CBS’s *48 Hours*. In 1989 they founded The Hendricks Institute, which offers seminars annually in North America, Asia, and Europe. Their nonprofit organization, The Foundation for Conscious Living, funds research, films, and scholarships in the areas of conscious relationships and natural well-being. Learn more at www.hendricks.com.

There isn’t any fluff on these pages. Every section of this book is riveting and essential for anyone who is truly ready to adopt a new context for their relationship and life. The Hendricks cover all of the most intense and consequential issues of mid-life: Sex; devastating losses and deaths; despair over apparent loss of creative drive; ‘empty nest’ fears which have turned into long standing behaviors; the weight of past suffering; the excess weight of bodies, of routines, or of a relationship pattern that doesn’t seem to ever resolve. They go on to help us recognize the deeper

roots of all of those difficult experiences, help us see how mid-life is uniquely suited for adopting some very different perspectives and commitments that change the game entirely - a new vista for relationships that, rather than sounding like *growing old together*, sounds wild, exquisite, magnificent - or in their words, committing to the full bloom of our love and creativity. Most of the book is for mid-life couples to step onto this new way of life together, though they do have a section for singles, including some recommendations for how to go about online dating in ways that shape new connections in the direction of this new context of relating. The fact that they have lived this themselves not only shows up in their moving accounts of their own breakthroughs of the past few decades, but in the writing itself; the way they write gave me a sense of a whole new possibility for relationship and co-creation, as if I could feel and osmose the evolutionary leap now embedded in their connection. Also palpable are their tenderness, humor, and what they call the *genius of the relationship*. Writing together is definitely one form of the genius of their relationship! I was especially moved by this book because, as a woman of 46, even with decades of experience in facilitating personal and relational transformation, I had in recent years experienced some very big losses, and, with all my skills, had still had not fully recovered. I had begun to experience episodes of despair, as though my most heartfelt dreams for life were either behind me, or fast departing my capacity to fulfill them. And with that, I recognized ways that my relationship had felt rudderless also. While reading this book, I began to have a felt sense that the core of what I've most wanted is definitely not out of reach. With Gay and Kathlyn's laser-like support in navigating my exact mid-life issues, I am already finding greater ease in grieving the losses, and letting go of the shapes I thought my dreams would take, as I hook myself up again with the source of those dreams, my felt sense of love and bodily experience of creativity. Also, my partner and I have tried some of the activities in the book, and each time we do any of them, we each have wild new ahas and love tears.

Gay and Kathlyn Hendricks have written another classic! This book offers the key concepts and central practices that take you from routine to renewal and from impasse to passion. Many people I begin working with say their long term relationships are lacking in creativity, sexual passion and are full of blame. The Hendricks know that is one option but through their own relationship and supporting thousands of others, they have mapped the territory for how to create relationships that break all of the rules to create magical possibilities. I'm grateful for a book that addresses the core of all relationship issues, FEAR, and how to deal with the various versions of it that keep us in suffering. The chapter on creating the best sex ever was particularly inspiring and gave me a lot of

valuable new practices.

Wonderful- great pearls of wisdom! Simple guide for conscious loving and living with harmony and joy with our life partner.

An interesting approach, very down to earth and trying to cover almost all the areas of living as a couple. Combining stories of their own experience with those of the couples they encountered in their practice as therapists, written both with a good sense of humor and with depth, it is a good read by yourself or together with your partner. Very nice exercises, meditations and techniques for day to day life but also for specific issues. Easy to read, nice to think about.

Fast shipping and a very nice product. required Reading !!

Excellent. I have been using it for years with my psychotherapy clients. Individuals can use it as a guide for their relationship with themselves. Couples can gain great insight to how they can support each other with empathy rather than tear each other down with judgment.

This book was just what I needed. It was so important to look at creative ways to solve some of my issues rather than simply doing the same things over and over again. This was a great book. Well worth the investment.

Am still reading this book....only on third chapter...but the first chapters are worth a read. Bought copies of the book for several friends as gifts!!

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