



# Conscious Uncoupling: 5 Steps to Living Happily Even After

By Katherine Woodward Thomas

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**Conscious Uncoupling: 5 Steps to Living Happily Even After** By Katherine Woodward Thomas

## *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.

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## **Conscious Uncoupling: 5 Steps to Living Happily Even After** By Katherine Woodward Thomas **Bibliography**

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### Editorial Review

#### Review

"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 – 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' 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 – 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

#### About the Author

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.

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#### Thomas Kelly:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a reserve. Beside you can solve your condition; you can add your knowledge by the reserve entitled *Conscious Uncoupling: 5 Steps to Living Happily Even After*. Try to make the book *Conscious Uncoupling: 5 Steps to Living Happily Even After* as your pal. It means that it can to be your friend when you experience alone and beside that course make you smarter than in the

past. Yeah, it is very fortunate to suit your needs. The book makes you considerably more confident because you can know anything by the book. So, we should make new experience and knowledge with this book.

**Brian Rutt:**

Reading a publication can be one of a lot of exercise that everyone in the world really likes. Do you like reading a book consequently. There are a lot of reasons why people are fantastic. First, reading a publication will give you a lot of new data. When you read a publication you will get new information mainly because a book is one of many ways to share the information or even their idea. Second, studying a book will make an individual more imaginative. When you read a book especially fictional works, the author will bring that you imagine the story how the character types do it anything. Third, you may share your knowledge to other folks. When you read this *Conscious Uncoupling: 5 Steps to Living Happily Even After*, it is possible to tell your family, friends and soon about your e-book. Your knowledge can inspire the others, make them reading a publication.

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**Scott Schiller:**

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