
Conscious Uncoupling Steps Living Happily

Growing Your Separate Ways
Mom's House, Dad's House
The Soulmate Secret
Managing Inter-Organizational Collaborations
Conscious Loving
Deeper Dating
Conscious Uncoupling
Quirkyalone
Conscious Loving Ever After
Coming Apart
Getting Back Out There
You Can Heal Your Heart
Better Apart
VENUS SEQUENCE
The Audacity to Be Queen
Taking Space
The Hoffman Process
The Divorce Recovery Workbook
Integral Relationships: A Manual for Men
Splitopia
The New Rules of Divorce
Conscious Uncoupling
Calling in "The One" Revised and Expanded
IRRELATIONSHIP: How we use Dysfunctional Relationships to Hide from Intimacy
Conscious Coupling
The Conscious Parent's Guide to Coparenting
Uncoupling
The Clarity Cleanse
Untying the Knot
Loving Your Spouse When You Feel Like Walking Away
Mr. Unavailable and the Fallback Girl
Rebuilding
Didn't See That Coming
The Co-Parenting Handbook
The Wizard of Us
Dialogue Therapy for Couples and Real Dialogue for Opposing Sides
Calling in "The One"
Uncoupling
The Universe Has Your Back
Conscious Uncoupling

SIERRA JUAREZ

Growing Your Separate Ways Simon and Schuster

For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

Mom's House, Dad's House Conari Press

Packed with research, insights, and illuminating (and often funny) examples from Paris's own divorce experience, this book is a "practical and reassuring guide to parting well." —Gretchen Rubin, author of *The Happiness Project* Engaging and revolutionary, filled with wit, searing honesty, and intimate interviews, *Splitopia* is a call for a saner,

more civil kind of divorce. As Paris reveals, divorce has improved dramatically in recent decades due to changes in laws and family structures, advances in psychology and child development, and a new understanding of the importance of the father. Positive psychology expert and author of *Happier*, Tal Ben-Shahar, writes that Paris's "personal insights, stories, and research" create "a smart and interesting guide that can be extremely helpful for those going through divorce." Reading this book can be the difference between an expensive, ugly battle and a decent divorce, between children sucked under by conflict or happy, healthy kids. This is "a compelling case that it's high time for a new definition of Happily Ever After—for everyone" (Brigid Schulte, author of *Overwhelmed: Work, Love, and Play When No One Has the Time*). *The Soulmate Secret* Moody Publishers Helps couples use separation to learn, develop, and then recommit to their relationship with adjusted expectations, perspectives, skills, and a stronger sense of themselves. A step-by-step process pinpoints 10 essential tasks necessary to maneuver through what is most often a highly stressful experience.--From amazon.com.

Managing Inter-Organizational Collaborations Hachette UK

Discover the powerful, unique skills and qualities of Dorothy, the Wizard, and the other archetypes of mind, heart, and courage that live within each of us. Houston offers new understanding of the human condition, the importance of myth, and the critical nature of our role and how we can participate in the creation of a better world. It's time to uncover your inner hero and become the essential human you were always meant to be.

Conscious Loving Harmony

With exercises, practical tools, and inspiring stories, *Deeper Dating* will guide you on a journey to find the love—and personal fulfillment—you long for. Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity and desperation. In *Deeper Dating*, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our "Core Gifts"—the places of our deepest sensitivity, longing, and passion. *Deeper Dating* guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . *Deeper Dating* integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

Deeper Dating HarperCollins

A valuable resource for parents who are transitioning from being married with children to co-parenting together, this handbook will help ensure kids and co-parents thrive. Parents need help to confidently take on the challenges of guiding children through divorce or separation and raising them skillfully in two homes. The authors, both trusted divorce and co-parenting coaches,

provide the road map for all family members to safely navigate the difficult emotional terrain through separation/divorce and beyond.

Addressing parents' questions about the emotional impact of separation, conflict, grief, and recovery, the authors share their well-tested and reassuring guidance on how to move from angry, hurt partners to constructive, successful co-parents who are able to put their children's needs first. Chock-full of strategies to help resolve day-to-day issues, create boundaries, and establish guidelines.

Conscious Uncoupling Simon and Schuster

"A new role model."— *The New York Times* In *The Universe Has Your Back*, *New York Times* best-selling author Gabrielle Bernstein teaches readers how to transform their fear into faith in order to live a divinely guided life. Each story and lesson in the book guides readers to release the blocks to what they most long for: happiness, security and clear direction. The lessons help readers relinquish the need to control so they can relax into a sense of certainty and freedom. Readers will learn to stop chasing life and truly live. Making the shift from fear to faith will give readers a sense of power in a world that all too often makes them feel utterly powerless. When the tragedies of the world seem overwhelming, this book will help guide them back to their true power. Gabrielle says, "My commitment with this book is to wake up as many people as possible to their connection to faith and joy. In that connection, we can be guided to our true purpose: to be love and spread love. These words can no longer be cute buzz phrases that we merely post on social media. Rather, these words must be our mission. The happiness, safety, and

security we long for lies in our commitment to love. " When readers follow this path, they 'll begin to feel a swell of energy move through them. They will find strength when they are down, synchronicity and support when they 're lost, safety in the face of uncertainty, and joy when they are otherwise in pain. Follow the secrets revealed in this book to unleash the presence of your power and know always that The Universe Has Your Back.

Quirkyalone Gene Keys Golden Path Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. Coming Apart is a first aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self-esteem intact. Daphne Rose Kingma, the undisputed expert on matters of the heart, explores the critical facets of relationship breakdowns: Love myths: why we are really in relationships The life span of love How to get through the ending How to create a personal workbook for finding resolution Time does a lot to heal our broken hearts, but really understanding what transpired in each of our relationships is what allows us to finally let go and move on. Replaces ISBN 9781573245470

Conscious Loving Ever After

Routledge

"Tips for coparents to effectively build a working parenting relationship with each other and their children"--

Coming Apart Da Capo Lifelong Books What to do when you feel like giving up When you said, "I do," you entered marriage with high hopes, dreaming it would be supremely happy. You never intended it to be miserable. Millions of couples are struggling in desperate marriages. But the story doesn't have to

end there. Dr. Gary Chapman writes, "I believe that in every troubled marriage, one or both partners can take positive steps that have the potential for changing the emotional climate in their marriage." Loving Your Spouse When You Feel Like Walking Away, the revised and updated edition of the award-winning Desperate Marriages, teaches you how to: Recognize and reject the myths that hold you captive Better understand your spouse's behavior Take responsibility for your own thoughts, feelings, and actions Make choices that can have a lasting, positive impact on you and your spouse An experienced marriage and family counselor, Gary Chapman speaks to those whose spouse is any of the following: Irresponsible A workaholic Controlling Uncommunicative Verbally abusive Physically abusive Sexually abusive Unfaithful Addicted to alcohol or drugs Depressed Marriage has the same potential to be miserable as it does to be blissful. Read Loving Your Spouse When You Feel Like Walking Away to learn how you can turn things around.

Getting Back Out There Impact Publishers

Have you ever wondered what it takes to find the love of your life? Is it your dream to find a life partner who will love, cherish, and adore you? The Soulmate Secret will show you how to take control of your romantic destiny by using the Law of Attraction. Translated into more than twenty languages, The Soulmate Secret has become an international phenomenon. Now with a new preface and a new chapter filled with book-inspired success stories, this book shows finding true love is possible for anyone at any age if you are willing to prepare yourself, on all levels, to become a magnet for love. Arielle Ford knows this

from experience. She used the techniques in this book to bring her soulmate into her life at age forty-four. They were engaged three weeks later. This ancient formula reveals that our universe is set up to deliver the people and things into our lives that are consistent with our personal belief system. If you don't believe you will ever find the One, then guess what? You probably won't. If, however, you learn to believe that the One is not only out there but is also looking for you, then true love can be yours. Using a series of processes called feelingizations—feeling in every cell of your being the outcome you want to create—Ford reveals how to manifest the man or woman of your dreams. The techniques, rituals, and projects found within these pages will allow you to prepare your home, body, mind, and spirit for the lover your heart truly desires.

[You Can Heal Your Heart](#) Bantam

Are you the Fallback Girl? If you've ever found yourself in a relationship that feels and seemingly looks like one but you're struggling with commitment or you've been in the ambiguous territory of a 'casual relationship', you've likely tried to change them, wondered what you 'did' to cause this, what you can do to win their love and commitment, or even whether you're going crazy. Mr Unavailable and the Fallback Girl is the definitive guide to understanding the relationship between emotionally unavailable men and the women that love them. From explaining how and why they blow hot and cold, to where that future they promised went to, how you've ended up being a booty call, why you've been together for a gazillion years but aren't going anywhere, and more importantly how and why you're involved with them in the first place, all

of the answers are here. You know you're dealing with unavailability when you ask stuff like What happened to that 'great guy' from the beginning? Why won't he break up or stay away if he doesn't want to commit? What the hell did I do to make him disappear? Is he going to leave 'her' for me? It's because he's shy/busy/scared of his feelings isn't it? Inspired by the real life adventures in unavailability of Natalie Lue and the readers of her site [BaggageReclaim.com](#), Mr Unavailable and the Fallback Girl is an empowering, entertaining and inspiring read that will wise you up to pitfalls such as men who aren't over their exes, Future Fakers, guys that have more baggage than a Heathrow terminal and reappearing childhood 'sweethearts'. If you want to understand your own availability, and why commitment in a healthy relationship is eluding you, Mr Unavailable and the Fallback Girl is your guide to being available and attracted to healthy, available partners. Note - the book is in British English not US English.

Better Apart Hachette UK

No matter how committed two people are to being together, why can't they get away from feeling something is missing? In this important and transformative guide, three experienced practitioners identify the widespread dysfunctional dynamic they call "irrelationship," a psychological defense system two people create together to protect themselves from the fear and anxiety of real intimacy in a relationship. Drawing on their wide clinical and life experience, the authors examine behavioral "song-and-dance routines" repeatedly performed by couples affected by irrelationship. Readers will find a valuable framework for understanding their challenges with action-oriented

tools to help them navigate their way to fulfilling relationships. Mark B. Borg, Jr., PhD, is a community psychologist and psychoanalyst, and a supervisor of psychotherapy at the William Alanson White Institute. Grant H. Brenner, MD, is a board-certified psychiatrist in private practice, specializing in treating mood and anxiety disorders and the complex problems that may arise in adulthood from childhood trauma and loss. Daniel Berry, RN, MHA, has practiced as a Registered Nurse in New York City since 1987 and has worked for almost two decades in community-based programs.

VENUS SEQUENCE Harmony

With a fresh, sympathetic and reassuring approach, *Uncoupling* provides tried-and-tested advice that will help anyone going through a break-up. It is the book that Sara looked for - and couldn't find - when going through the process herself, so she is only too well aware how few places people feel they can turn to for compassionate and practical advice. *Uncoupling* combines Sara's extensive training in life-coaching techniques, her cutting-edge work with those who are themselves 'uncoupling', and her own personal experience. Her advice will show you how to navigate the pitfalls and will make the process easier. It is all about being in emotional control and *Uncoupling* will help you build your personal strength so that you can deal with the rollercoaster of emotions more effectively, enabling you to move forwards. It is all about putting you back in control.

The Audacity to Be Queen National Geographic Books

You're ready for a new romance, but how can you avoid repeating past mistakes? The author of *Getting Past Your Breakup* offers an essential guide to building a healthy relationship. Plenty of dating

books offer advice on how to flirt or catch someone's eye, but they won't help you make better decisions during the selection process so you can find real love. Based on years of research and work with her own clients, Susan Elliott offers a proven plan that will help you to: Examine past relationships for unfinished business and negative patterns Identify warning signs and red flags Keep your standards and boundaries high, even when you're head over heels Work through rejection, rebounding, and other bumps in the road Decide when to take a relationship to the next level and when to say goodbye With practical rules, strategies, and self-assessments -- including tips for dating as a parent and dating online -- *Getting Back Out There* will help you transition from your split to a happy, healthy new relationship.

Taking Space Legacy Lit

"Potent, accessible tools for your family and your future." —Gwyneth Paltrow
Marital strife and divorce can be your chance to profoundly transform yourself, your mindset and your relationship with a more harmonious and steady vision. While many of us may be better together, some of us can actually become better apart. What if you emerged from your divorce stronger and more resilient than ever before? *Better Apart* is the first book to apply the life-changing, healing wisdom of meditation and yoga, combined with practical advice, to help anyone going through the painful and seemingly intractable realities of divorce. Gabrielle Hartley and Elena Brower are warm and caring guides who can help you compassionately part from your partner. Whether your separation is amicable, or your ex is combative, *Better Apart* can help you find peace, calm, and hope.

Blending practical advice from a legal perspective together with spiritual wisdom, Gabrielle and Elena are experts and realists who have created a simple five-step process that uses original meditations, perspective-shifting exercises, and fresh suggestions to help navigate the common legal and emotional pitfalls of divorce. Don't worry if you've never tried yoga or mediation; Gabrielle's insight buttressed by Elena's practices and exercises are accessible for all. Together, they show you how to meaningfully shift your mindset and to move forward though any—or all—parts of this emotionally fraught process. *Better Apart* radically reframes the way couples experience, execute, and recover from when "for better or worse" is no longer an option, and helps you find the road to a new mindset and better life.

The Hoffman Process Independently Published

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.

[The Divorce Recovery Workbook](#) Vintage

If marriage leads to happily ever after, where does divorce lead to? Everyone wants a successful relationship, but is it worth sacrificing happiness and compromising values to prove that you are happy when you clearly are not? If you are like a lot of people, you avoid the perils of separation and divorce because it exemplifies dysfunction, promotes pain, and represents failure—or so we are brought up to believe. Choosing to stay and be unhappy leaves you feeling "comfortably numb" and unenthusiastic about the relationship. You no longer want to be with your partner, yet you have no idea how to get from here to there. Essentially, you are feeling stuck. What if you could consciously uncouple or un-marry in an amicable way that resulted in a positive outcome? Would you be interested in a process of growing forward as individuals, AND create a workable friendship with a new definition of

family? This book is about creating a space for possibilities, the potential to separate, grow, and still live happily ever after. *Growing Your Separate Ways* offers a process of eight action steps to help you navigate your journey regardless of the stage you are in. Once you build awareness of your situation and visualize a better outcome, you will begin to make decisions that move you closer to living the life you want, and while becoming a better version of yourself in a friendship with someone you still love and respect. "Growing Your Separate Ways offers nuggets of deep wisdom and truth to light the way through the confusion and hurt of a breakup. Leah Hogarth-Ruppel will kindly take you by the hand and lead you one step at a time down the pathway of recovery, until before you know it, your heart will feel lighter and your spirit stronger for all you've endured--so that you're ready to move forward with an open, happy and fully healed heart." - Katherine Woodward Thomas, NY Times Bestselling author of *Conscious Uncoupling: 5 Steps to Living Happily Even After*

[Integral Relationships: A Manual for Men](#)
singles2couples publishing

This volume contains two Open Access chapters. Volume 64 of *Research in the Sociology of Organizations* takes stock of research on processes of inter-organizational collaboration and explores new topics that call for inquiry.

Splitopia Hay House, Inc

In the tradition of *You Are a Badass*, women's empowerment coach Gina

DeVee shares motivational steps for how to become the queen of your own life. In every woman lives a Queen who is confident, poised, and clear on her calling. She is bold and unapologetic. Drawing from her spiritual connection and feminine nature, she accesses the power to manifest her desires and fulfill her purpose. The era of invisible women is over. Your time to be Queen has arrived. In *The Audacity to Be Queen*, women's empowerment and success coach Gina DeVee invites modern-day women to embrace the endless possibilities that are rightfully ours. Permission granted to take ourselves off the back burner financially, romantically, physically, and socially-and step into our greatness. The days of dismissing ourselves and our desires end here. No longer must we pretend to be anything other than brilliant, capable, and fabulous. The world needs women like us to own our power, raise our standards, and contribute our talents like never before. When a woman chooses to be a Queen, everyone benefits. With spectacular flair, beautiful pearls of wisdom, and lifechanging stories of unexpected triumph, *The Audacity to Be Queen* takes you on a journey to empower the Queen within. Gina DeVee shares the steps, exercises, meditations, prayers, and journal prompts to release all forms of self-doubt and self-sabotage so you can discover the best version of you. Only from the position of Queen can you fulfill your calling, and in this pivotal moment, time is of the essence. The age of the Queen is now.

Best Sellers - Books :

- [The Summer I Turned Pretty \(summer I Turned Pretty, The\)](#)
- [Happy Place By Emily Henry](#)
- [Never Lie: An Addictive Psychological Thriller By Freida Mcfadden](#)
- [Fast Like A Girl: A Woman's Guide To Using The Healing Power Of Fasting To Burn](#)

[Fat, Boost Energy, And Balance Hormones By Dr. Mindy Pelz](#)

• [I Love You Like No Otter: A Funny And Sweet Board Book For Babies And Toddlers \(punderland\) By Rose Rossner](#)

• [Heart Bones: A Novel By Colleen Hoover](#)

• [The Wonderful Things You Will Be By Emily Winfield Martin](#)

• [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma](#)

• [Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That The Poor And Middle Class Do Not!](#)

• [Guess How Much I Love You](#)