



Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond

By Ph. D. Gay Hendricks

Hay House, Inc. Paperback. Condition: New. 248 pages. 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...



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Reviews

Absolutely among the finest book we have at any time read through. We have read through and that I am sure that I will go to read once more again later on. I found out this book from my mom and dad suggested this book to find out.

-- Alford McClure

I actually started reading this article ebook. It is actually packed with knowledge and wisdom. It's been printed in a remarkably simple way and it is only after I finished reading this pdf where in fact it modified me, altered the way I believe.

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