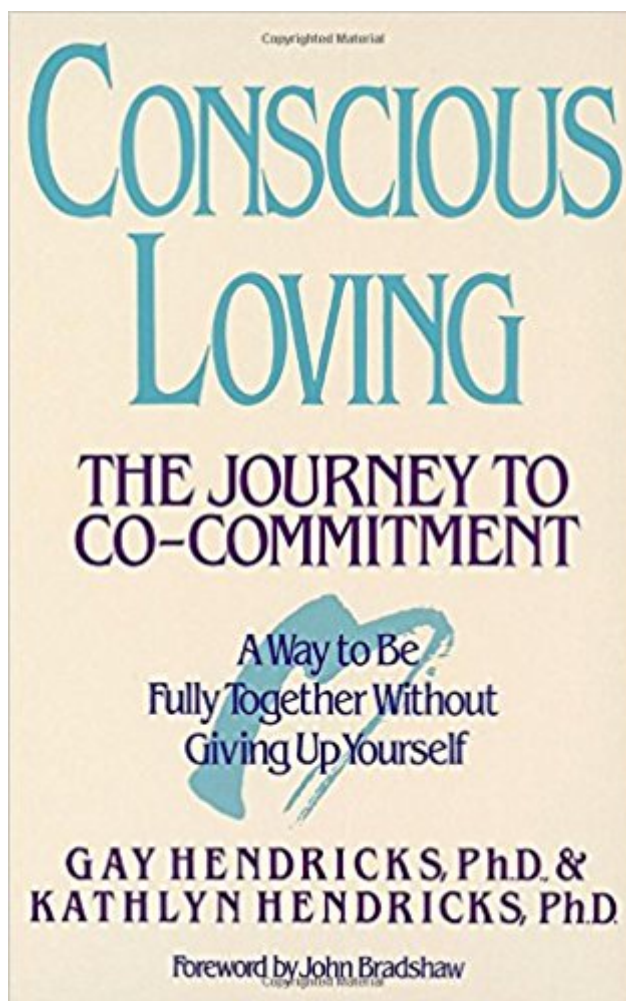


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# Conscious Loving: The Journey To Co-Commitment



## Synopsis

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

## Book Information

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## Customer Reviews

"I consider Gay and Kathlyn to be my teachers. I encourage you to buy this book and use it to the hilt."-John Bradshaw. "Gay and Kathlyn's book offers invaluable insights into the real workings of making a lasting, breakthrough commitment."--Bonnie Raitt, singer-songwriter

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experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"

This book is good for couples or singles. It highlights ways to be better to ourselves and learn how to seek and have healthy, fun lives and relationships. The writing style is easy to read and straightforward. I was able to take notes and make a list that will serve me well in my day to day life. I highly recommend this book for anyone looking to build and maintain a happy relationship with oneself and with others. Really, it's a good book for people to learn just how to be decent people at all levels of life!

I got this book on a recommendation from a friend and I am so glad that I did. The stories, the activities and the advice in this book are consistent and easy to digest while also being deep and ground breaking. I was excited every moment I got to sit down with this book and absorb the wisdom inside. It's not just wise words but the authors also provide the opportunity for readers to integrate the wisdom into our lives and in our bodies through guided activities. I definitely recommend this to every human being ever!

I love Gay and Kathlyn Hendricks and their passion and dedication to helping couples love better. This book is great. I pick it up and read a small section and then go practice it. We can all use a little more love.

This book is an incredible resource for modern couples who wish to establish and maintain a meaningful relationship. It is not filled with pop psychology "quick fix" solutions, but pragmatic advice that nurtures equality, respect, love and co-creation of a beautiful context for relationship. Three of the main premises of this book is the observation that successful couples tend to: 1) Feel all of their feelings; 2) Speak all of their truth; and 3) Honor all of their agreements. This is a simple formula, but as a psychology professional who talks to a lot of people I have found it to be effective, but difficult for many people in practice. Nonetheless, I agree with the authors that a healthy relationship is impossible without this foundation and I think the authors are correct to stress these points. I also like the discussion on withholding (lying by omission) and how this leads to eventual withdrawal and

projection. This is not something most people like to look at, but a lot of problems are created by resentment that flows from unexpressed feelings and needs. This often gets unconsciously projected onto the partner or others and ultimately undermines the relationship. I give the author's credit for facing this dynamic squarely. The next section of the book talks about the nine traps of unconscious loving. This basically points out commonly occurring patterns in relationships that result from unconscious projection or being run by our internalized psychological scripts from childhood. It is useful because it will help you to identify unhealthy patterns in your relationship that may be unconscious. The invitation here is to uncover and examine dysfunctional beliefs that may be running you without your awareness. The section after the one above is called the seven steps to co-commitment. This outlines a practical approach to creating a great relationship together where no one is disempowered, co-dependent or acting from addiction. This section includes the three premises I mentioned at the beginning of my review and others such as learning to love yourself, claiming creativity, learning to live in a space of continuous positive energy, etc. The next sections of the book cover conflict resolution, positive communication and how to keep your past from intruding on your present. This book also contains useful activities and exercises that help you to practice and eventually embody the skills that are discussed. This is a wonderful book for any couple. I recommend it very highly!

I LOVE this book! I was a little skeptical when I heard from someone that Gay Hendricks was \*body-centered\* but I started reading this book with my fiancée, and it is working wonders for our relationship. He really means be present with your feelings, and be in touch with yourself during a relationship. We now have a common language we can use when dealing with our relationship, and the positive approach Gay teaches focuses on empowering couples to be creative individuals while co-committed in the relationship. His advocating for honesty and transparency to liberate a relationship really cuts through all the complications people tend to bring into the process. It really is easy and simple with Conscious Loving, but both people have to be willing.

Dynamite! for partners truly committed to this 100%-100% responsibility, love and honesty. Good help for improving individual understanding for self evaluation and for the benefit of relationships of any type that you are in. It takes work though, so count on that.

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