



The Conscious Heart: Seven Soul-Choices That Create Your Relationship Destiny

Gay Hendricks, Kathlyn Hendricks

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Kathlyn and Gay Hendricks are two of today's foremost relationship experts. Their bestselling book **Conscious Loving** has already become essential reading for tens of thousands of couples. Now, in **The Conscious Heart**, they identify the seven commitments that can transform from the inside out.

These seven simple--but powerful--choices enable couples to:

- Use conflict to create greater understanding
- Overcome the fears and defenses that block intimacy
- Resolve struggles for control
- Increase generosity and appreciation
- Deepen passion, commitment, and aliveness
- Release the creativity of each partner

Filled with numerous true-life stories--including how the authors survived and grew from their own midlife marital crisis--**The Conscious Heart** is an inspiring and instructive affirmation of the ultimate power of love.

From the Trade Paperback edition.

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Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Conscious Heart: Seven Soul-Choices That Create Your Relationship Destiny, it is possible to enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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